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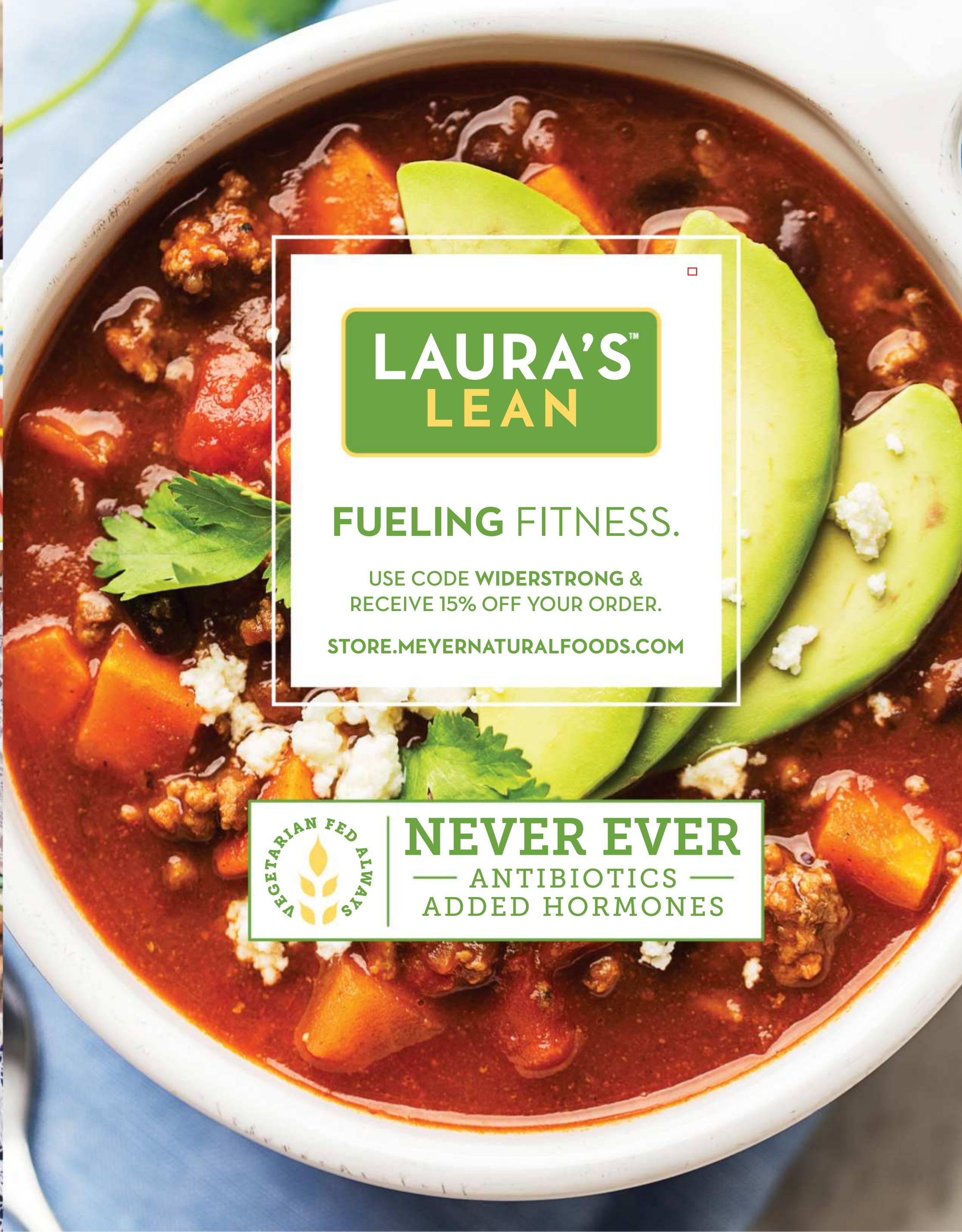
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A top-down view of a white bowl filled with a thick, dark red soup. The soup is garnished with several slices of bright green avocado, chunks of red tomatoes, and small crumbles of white cheese. A fresh green cilantro leaf is also visible. The bowl sits on a light blue surface.

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Healthy New You

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The way you lace your shoes can make or break your workout. Learn what technique works best for your feet.

Cover Photo by Cory Sorensen / Hair and Makeup by Donna Gast / Styling by Julia Perry / Clothing: Elisabetta Rogiani

This page: Sports Bra: Tully Lou / Leggings: Elisabetta Rogiani / Shoes: Nike



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Cover Girl Confidential

Don't miss our Q&A with cover girl and coach of Oxygen's upcoming online course *Healthy New You*, Katie Corio. She also shares her winter pump-up playlist! oxygenmag.com/katie-corio-cover-girl

No Gym?
No Problem!

Work out wherever and whenever you want this winter with a dynamic bodyweight routine from fitness expert Sofia Rodriguez, MCEP.

oxygenmag.com/no-gym-no-problem

Carve a Killer Core

Paddleboarding is a serious workout. How She Fuels athlete (Page 92) and pro paddleboarder Candice Appleby shares her go-to core exercises for on-land training. oxygenmag.com/candice-home-workout

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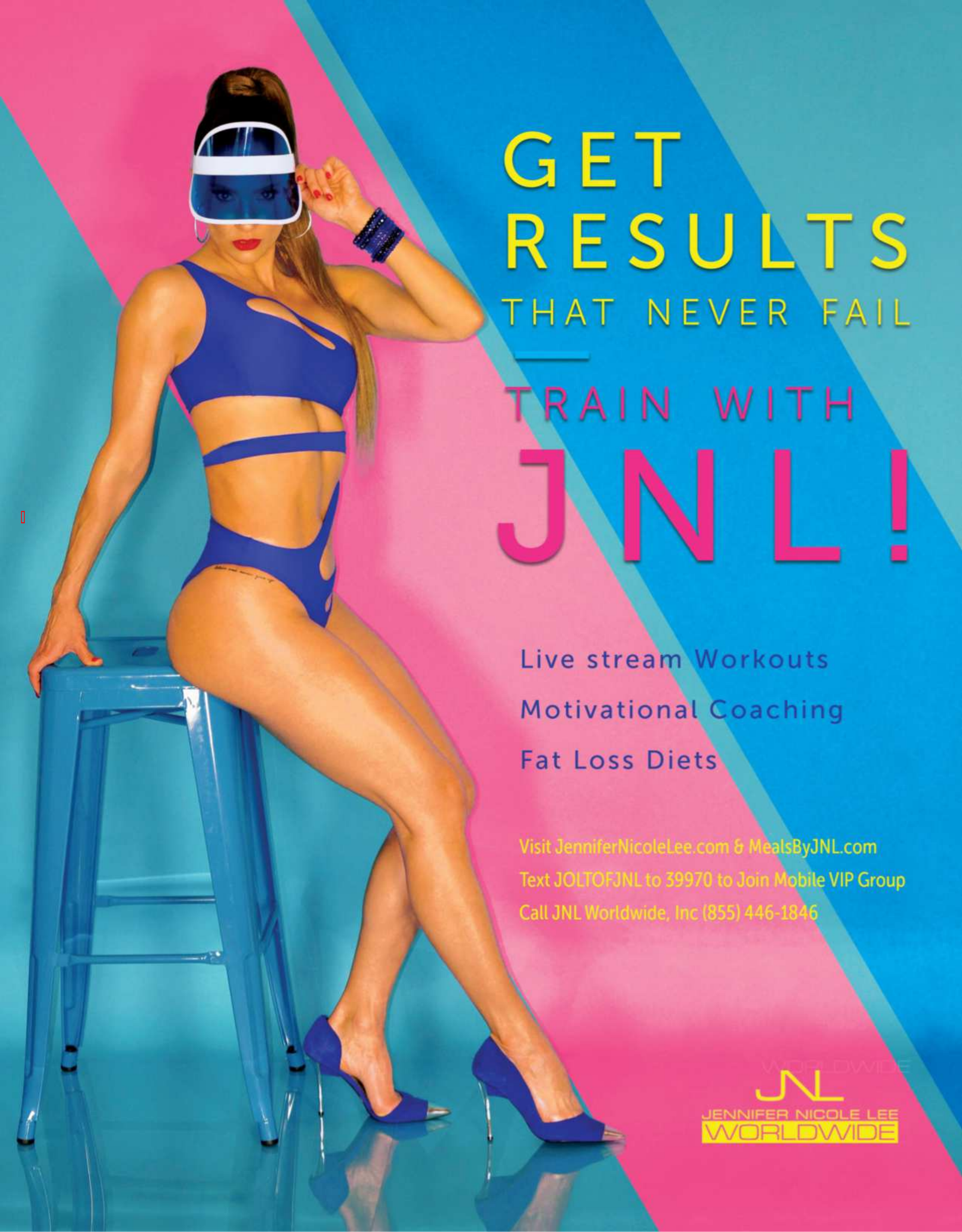
We sent our writer to experience some of this year's top fitness retreats. Here, she reports back with a firsthand account of the getaways featured in "Wellness While You (Don't) Work," Page 58 — and more! oxygenmag.com/fit-getaway

30-Minute Total-Body HIIT

Amp your endurance, strength and flexibility with this quick-burn workout from wellness coach Janine Delaney. oxygenmag.com/total-body-hiit

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A woman with long brown hair is sitting on a blue plastic stool. She is wearing a blue two-piece athletic outfit with cutouts, a blue visor, and blue high-heeled shoes. She is also wearing a blue wristband. The background is a vibrant pink and blue geometric design.

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Jump around (jump up, jump up and get down!)

Where I live, winter means cold, ice and snowstorms. It also often means I can't get out of the house because of inclement weather. Since I am not much for hiding under a blanket, drinking hot cocoa and watching *Elf* on an endless loop, this inability to work out translates to angst and agita. Because for me, training means removing myself from my place of residence and work and going elsewhere to interact with other people and engage in the usual s—t talk that comes with a CrossFit WOD. That physical displacement is important to my mental focus, and though I know I could very well exercise chez moi, I am completely unmotivated to do so.

The other week, however, there were two snow days in a row. Not only did this mean that I couldn't get out of the house, but also that my son was home from school demanding to play cars or Legos or dinosaurs or Uno or ... you get the idea. I truly do love playing with him, but on day two when all was still covered in a foot of the white stuff and we were still

trapped and inert indoors, I got antsy. I had to get my sweat on, no matter what.

I resigned myself to exercise in my bedroom. I quickly wrote up a bodyweight EMOM, put on some music and got to it. Halfway through my mobility work, my son came in carrying a huge box of Legos. He watched me for a while, then put down the Legos and joined in. I let him work the timer app on the phone, and since the moves

were all bodyweight-based, he was able to follow along easily. We finished the EMOM sweaty and smiling, then for good measure, we turned the music up and jumped around, dancing and being goofy for a solid half-hour.

This snowy-day training was a reminder for me that fitness is supposed to be fun. It's not always about PR'ing my power clean or shaving a few seconds off my sprint. It's simply about enjoying movement, appreciating what your body can do and sharing that excitement with others. This season when you're miles away from a gym, your mother-in-law is hammering you or you're facing down platters of cookies and pot stickers and mashed potatoes at every turn, take a deep breath, go to your room and jump around.



Lara McGlashan
Editor-in-Chief

@LaraOxyEditor
@LaraFitnessEditor

My Obsessed- With List



1

► **Merrell Bare Access Flex Shield**

Outdoor living is messy in New England, and these shoes from Merrell resist all the wet nasties. They also have special anti-microbial agents to combat odor and killer treads to keep me upright in the elements. merrell.com, \$110

2

► **Mint Crème Truffles**

If you're going to cheat, go for the good stuff! These treats from Alter Eco are made with fair-trade chocolate and organic coconut and peppermint oils. The company even invented the world's first compostable, nontoxic candy wrapper! altercofoods.com, \$3 (3-pack); \$8 (10-pack)

3

► **Green Superfood Effervescent Tablets**

I dislike most greens powders — they dissolve poorly and taste of mossy spirulina. But these fizzy tablets from Amazing Grass contain one full serving of greens and veggies and more than 30 antioxidants, and they come in six great flavors that dissolve in a pinch. [The Vitamin Shoppe](http://TheVitaminShope.com), [Whole Foods](http://WholeFoods.com), [Sprouts](http://Sprouts.com), AmazingGrass.com, \$8 for 1 tube (10 tablets)

4

► **FabFitFun Gift Box**

More often than not, curated gift boxes contain only coupons or one-shot samples — not this one! FabFitFun has full-size items that span fitness, home, beauty, technology and more. My box came with a purse, wireless earbuds, amazing face-care products, a coffee press and a gorgeous umbrella! fabfitfun.com, \$50 for one box; \$179 for a seasonal subscription

5

► **Microdermabrasion Scrub**

Winter months can mean dry skin, especially if you exercise a lot. I love this fine-textured scrub from Derma E that contains Dead Sea salts to buff away dirt, sweat and dead skin cells from my face while also delivering antioxidants and vitamin E to combat winter dryness. dermae.com, ulta.com, amazon.com, \$32.50

6

► **Relieve Cream**

With exercise comes aches and pains — and as I "mature," these stick around irritatingly longer. This cream from Basic Jane contains peppermint, hemp and menthol and works to decrease inflammation. basicjane.com, \$30 (2-ounce); \$55 (4-ounce)

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Love for the Last Issue

Thank you so much for featuring Angelica Teixeira in your September/October 2018 issue! I met her once at an event, and she was the sweetest, most down-to-earth person I have met so far in the industry. She is one of my all-time favorite competitors, and I am glad she finally earned a place on your cover.

— JEAN, VIA EMAIL

Oxygen has been my favorite magazine for decades, and I love the direction the workout articles have been going. I learn new moves and get new training ideas every single issue, which I use both in my own workouts and also with my clients. Thanks for being current, valid and on trend!

— CECELIA, VIA EMAIL

Should Burpees Be the Best?

So I have to take issue with your article “The World’s 10 Best Functional Exercises” in the September/October 2018 magazine: Where is the burpee in here? This is by far one of the most challenging and functional moves around, and anyone who has ever tried to do max burpees in a minute can attest to its difficulty. This should have been ranked No. 1 in this article, hands down!

— LAURIE, VIA EMAIL

Editor’s Note: *Laurie, we totally agree that the burpee is an insanely efficient (and simultaneously horrible!) exercise, and in fact, we had an entire article and social media campaign (the OxygenBadassBurpees Challenge) dedicated exclusively to burpees in the May/June 2018 issue! However, if you look closely at the article in question, the*

woman maker exercise on Page 44 is actually a burpee in disguise: The basic movement pattern is the same but with the added elements of weights and a power clean to make it that much harder! And if you think doing max burpees in a minute is hard, try doing max dumbbell thrusters – the move we ranked No. 1 in this article – and you may just change your mind as to your rankings!

Meal-Plan Pleas

I love most everything about Oxygen these days, but I really would like to see more meal plans. I tear these out and use them when I don’t have a lot of time to put thought into my nutrition, and they really help during the holidays. Please have more of these in future issues!

— RACHEL, VIA EMAIL

I recently started eating a ketogenic diet and would love to see a meal plan that centers around this style of eating? Can we make this happen?

— MARGARET, VIA EMAIL

Editor’s Note: *Rachel, we get a lot of requests for meal plans, and in 2019, we will be making an effort to include them more often. And Margaret – thanks for the idea. I will see what I can do to get a keto plan on the books for 2019!*

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We reserve the right to edit for length and clarity.

Stephanie Main, NASM-CPT, CF-L2, RYT 500

Author of "The 10-Minute Squat Challenge," Page 23

Stephanie Main has been practicing yoga for nearly 14 years and credits dance for her affinity toward the discipline. "I grew up as a ballet dancer, so flexibility has always been a focus, especially the splits," she says. "However, I still struggle with deep backbends. I am not naturally bendy, so I have to work hard toward that aim."

Main created her own brand called Endure Yoga, which is specifically tailored to the needs of athletes. She currently lives in San Diego with her husband, and on the weekends, she loves to cook Paleo desserts and run by the beach.

Donna Gast

Hair and makeup artist for "Healthy New You," Page 34, and "Leveraging Your Assets," Page 40, among others

If life had taken a different tack, Donna Gast might have been working on *Fright Night* zombies instead of fitness models. "I attended a specialty school in Hollywood for makeup and special effects for film," she says. "But I found a stronger love for print and commercial advertising. Now I get to put my 'sweat effect' skills to work on sports shoots!"

Gast credits the inspiring people she works with for her longevity in the industry. "The information I gain from listening to experts on shoots makes its way into my personal life," she says. "I love trying the recipes and adopting ideas for my workouts."

Nikki Snow, NASM-CPT

International Les Mills presenter, expert and model for "18 Minutes to Fit," Page 18

To say that Nikki Snow has been in the biz a while is an understatement. "I began teaching Les Mills classes straight out of college and have been going strong for 10 years," she says. Though she now travels the world as a Les Mills trainer and presenter, her favorite place is still at home in Chicago.

Belying her outgoing personality, Snow is, in reality, circumspect. "In the gym, I'll try anything, but outside the gym, I am a delicate flower!" she says. "My goal is to conquer things that scare me. Last year, I surfed in New Zealand, which blew my mind!"

Donna Gast

Stephanie Main

Nikki Snow

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Go outside and play — even if the weather sucks

Research has shown that exercising in the cold can burn more calories — up to 34 percent more if the temps hover between 14 to 23 degrees. Cold is more metabolically expensive, and you have to burn more calories just to stay warm (thermogenesis). Check out these cold-weather activities and their average metabolic cost per hour:

Cross-country skiing	▶ 600
Ice skating	▶ 600
Snowshoeing	▶ 500
Snowga	▶ 200
Hiking	▶ 500
Running	▶ 900
Snowboarding/downhill skiing	▶ 450

Go to Page 66 for more information on hot vs. cold workouts!

Age is subjective

You're only as old as you think you are, according to research from the American Psychological Association. How you feel on a given day — your subjective age — is directly affected by activity levels, and those who exercise regularly report feeling younger than those who do not. Regular activity is also directly associated with better memory, health and longevity. The next time your birthday rolls around, go to the gym and turn back the (mental) clock!



52

The number of bones in your feet, which accounts for a quarter of all the bones in your whole body! Go to Page 48 for shoe-tying tips to keep dem bones happy during exercise.

43

The percent reduction in poor mental health in those who were active. A study of 1.2 million Americans published in *The Lancet Psychiatry* found that those participating in three activities — team sports, cycling and training at the gym — reported having fewer days of poor mental health each month than those who were not active.



Flip the switch

There are two kinds of women at the gym: the one with an engine that won't quit and the one who adds muscle overnight. Even if these women do the same workout and eat the same meals, they may experience completely different results. Research published in *Nature Communications* explains why: When activated, a protein called JNK (c-Jun N-terminal kinase) stimulates skeletal muscle growth. When not activated, muscles improve endurance and aerobic capacity. In most people, JNK is activated during strength training, not during cardio. However, there are some people whose JNK is also activated during endurance exercise, which explains why they respond less to that kind of training and have a hard time building aerobic capacity.

18 minutes to fit

Test your “grit” with this do-anywhere workout.

We all have time for a quickie — workout that is. And this one, based on the Les Mills Grit programming, can be done anywhere, anytime. “This workout burns max calories in minimal time and is scalable for different fitness levels,” says Nikki Snow, NASM-CPT, Les Mills international presenter and Reebok-sponsored athlete — who also happens to be modeling these moves! “It’s also multidirectional, so it improves athleticism — no equipment required.”

Do the moves in order, and follow the for-time interval program for each of three rounds. “The key here is to work at absolute max effort during the intervals,” Snow advises. Bracket this 18-minute workout with a solid warm-up and cool-down and you’ll be cooked before the turkey.

Round 1	60 seconds of max effort, 30 seconds of rest
Round 2	40 seconds of max effort, 20 seconds of rest
Round 3	20 seconds of max effort, 10 seconds of rest



LADDER RUN/HIGH-KNEE RUN

Stay on the balls of your feet and keep your chest lifted as you move your feet out-out-in-in for eight reps while traveling forward. Return to the start with a high-knee run, lifting your legs in front of you to hip height for eight reps.

Snow says: This move is light and quick, so stay on the balls of your feet to achieve maximum speed.



BLOCK JUMP (FORWARD AND BACK)

Keep your feet underneath you as you step forward — right foot and then left foot — and jump straight up, as if trying to block a basketball shot. Land softly and move backward using the same two-step pattern and jump.

Snow says: Keep your feet hip-width apart and your knees super soft when landing to help you move with speed and efficiency.

HALF BURPEE

Start in plank with your hands underneath your shoulders and your head, hips and heels aligned. Jump your feet underneath you and outside your hands and lift your chest as you lower your hips into a squat. Jump your feet back into plank.

Snow says: To transition with power, lift your chest quickly and brace your abs. This will help whip your legs underneath you.



AIR TAP SQUAT JUMP

Stand with your feet outside shoulder width, chest lifted, arms at your sides. Bend your knees and push your hips back and then explode upward, swinging your arms overhead. Bring your legs together underneath you at the apex of your jump, then open them again to land in that wide squat stance.

Snow says: Use your legs and your arms to gain height and power in each jump. Go for max height rather than speed.



LATERAL SHUFFLE

Staying low with your arms in an athletic, ready position, shuffle laterally four times to each side. Keep your hips and shoulders square to the front and your abs braced throughout.

Snow says: Push your hips back and drive off your back leg to change direction quickly.



□

Brick-house back

Having a well-defined trapezius is a boon for backless dresses, balanced posture and building strength.

FORM: CABLE WIDE-GRIP ROW

The trapezius spreads across your back, neck and shoulder blades, covering the rhomboids and helping define the V-shape of the latissimus dorsi. Because of its size, various zones perform different functions: The upper traps draw your scapulae upward and allow you to shrug, the lower traps pull your shoulder blades downward, and the middle traps pull your shoulder blades inward toward your spine. Though these functions all take place on the reg, your upper traps tend to get the most work, either from sitting slumped over at work or because of too much shoulder work where the traps are primary or secondary movers. To maintain a balance of power and achieve optimal symmetry, it's necessary to intentionally strengthen your middle and lower traps with moves like this.

▶ Set a cable pulley to about shoulder height and attach a lat pulldown bar to the end. Hold the bar with your hands outside shoulder-width apart with an overhand or underhand grip — whichever is most comfortable. Your grip does not make a huge difference when it comes to engaging the target muscles.

▶ Face the machine and hold the bar with your arms and elbows straight and slightly below shoulder height. Above this level, your scapulae start to rotate and slide upward, disengaging the lower and middle traps and allowing the upper traps to take over.

▶ Keep your elbows high and drive your elbows rearward, drawing your shoulder blades together as tightly as possible as if squeezing a pencil in between them. As you pull the bar toward your upper chest, exhale forcefully. This will remind you to keep your core engaged to support your spine.

▶ You may not be able to get the bar all the way to your chest — this is normal. Don't try to increase your range of motion by arching your back and/or flaring your rib cage, which only stresses your lower back. Instead, keep your core braced and your ribs positioned over your hips.



▶ Also, avoid thrusting your chin forward in an effort to pull the bar back a little farther. This engages the neck extensors and upper traps and trains poor posture, so ensure your chin stays tucked and level with the floor, aligned with your ears and shoulders.

▶ Slowly extend to the start, resisting the pull of the cable to work the eccentric muscle contraction on the return.

▶ This move can be done standing or seated: Standing requires more core and gluteal engagement to maintain balance, while sitting allows you to focus more on the mind/muscle link with your back.



SAMPLE FORM TRAP WORKOUT

Exercise	Sets	Reps	Resistance	Rest
Bent-Over Row	3-4	8-12	moderate/heavy	60-90 seconds
Cable Wide-Grip Row	3-4	8-12	moderate/heavy	60-90 seconds
Single-Arm Wide Lat Pulldown	3-4	8-12	moderate/heavy	30-60 seconds
Single-Arm Bent-Over Row	3-4	8-12	moderate/heavy	30-60 seconds
Cable Reverse Flye	3-4	8-12	moderate	60-90 seconds

□

FUNCTION: POWER SHRUG

This exercise is less about shaping your traps than it is about developing explosive power, such as is needed in the final phase of a clean or a snatch. These moves require a triple extension of your knees, hips and ankles, with the shrug providing that little extra lift to maintain upward momentum and allow you more time to drop underneath the bar for the catch. Power shrugs help develop upper-body strength and the speed you need to improve your lifting potential and help you push past PR sticking points. And even if powerlifting isn't your thing, this move is a novel way to train your traps, especially if you're used to (or bored with!) slow, controlled shrugs.

► Load the bar with a moderate weight, something you might use in a warm-up. You don't want to go so heavy as to cause fatigue, but you don't want to go so light that your muscles don't engage properly.

► Stand with your feet hip-width apart and hold the barbell in front of you with a shoulder-width, overhand grip. Allow the weight of the bar to gently draw your shoulders down a little, giving you a bit of a stretch and pre-loading your muscles for the pull.

► Dip down by bending your knees slightly while maintaining your erect upper-body position and keeping your heels on the floor. Keep the bar in contact with your thighs as you dip to encourage a vertical bar path, directing your power upward and minimizing the possibility of the bar swinging out and away from you, reducing your power and control and possibly stressing your shoulders or lower back.

► Dip quickly, then explosively extend your hips, knees and ankles and rise up onto your toes as you shrug your shoulders upward. This should generate enough momentum that the bar feels almost weightless at the apex of the pull.

► Instead of dropping underneath the bar and catching it as you would with a clean or a snatch, either release the bar at the top and drop it back to the floor or control its decent back to the starting position to go into the next rep.

SAMPLE FUNCTION TRAP WORKOUT

Repeat this workout for three rounds, increasing your weight with each round.

Exercise	Reps	Time
Deadlift	5	
Power Shrug	5	
Hang Clean	5	
Front Squat	5	
Rest		3-5 minutes

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The 10-minute squat challenge

These four stretches will improve mobility and enable you to master this challenge.

† **his squat challenge** isn't about accumulating reps or finding a one-rep max, though you will see an improvement in these areas. It's about improving your overall squatting mechanics, which will allow you to lift more weight more efficiently and earn faster gains.

Your body moves along links in a chain, but if there's a kink in a link, the rest of the chain suffers. For example, during a squat, tight ankles force your knees back over your heels, pulling your torso forward as counterbalance. This draws the movement out of the posterior chain (hamstrings and glutes) and into the quads, the weaker link where squats are concerned. Finding and maintaining the proper squat position means freer movement, a stronger squat, and a reduced likelihood of injury and movement dysfunction.

Take the Challenge

The goal of this challenge is to sit at the bottom of a squat, unassisted, for a total of 10 minutes. Sound like a long time? It is, but to improve squat mobility and reverse the negative effects of sitting for hours, you need to be able to spend a significant amount of time in this highly functional and natural position.

Your ultimate goal is to get into the bottom of your squat and stay there — in position — for the duration of time. You should maintain an upright torso with your toes forward and your feet about hip-distance apart, your feet should be flat on the floor with most of your weight in your heels and your knees should stay in line with your toes.

Ten minutes might not be possible at first, so start with five one-minute holds with a one-minute rest in between, or 10 rounds of 30-second holds alternating with 30 seconds of rest. Gradually increase the work intervals and decrease the rest to work up to the full 10 minutes. Once mastered, you can do your 10-minute squat hold preworkout or postworkout as often as time allows.

But First, These Stretches

Before you begin your challenge, spend one minute in each of these stretches to prep your body for the upcoming effort.



FROG

This stretch targets the adductors and inner groin so you can assume a shallow squat position.

Get into a table-top position with your elbows under your shoulders, forearms flat on the floor and your knees under your hips. Slide your knees apart as far as you comfortably can, keeping the inner edges of your feet flat on the floor, and draw your hips back slightly to align with your knees. Hold and breathe. As your muscles lengthen, sink deeper down into the stretch.

HIGH LIZARD LUNGE

This lengthens the hip flexors and the hamstrings, which can pull your torso forward and out of position when tight.

Get into a push-up position with your hands under your shoulders and your head, hips and heels aligned. Bring your right foot outside your right hand and press your right knee into your right shoulder while keeping your back leg strong and straight. Lengthen your spine by drawing your chest up and forward and hold, or drop down to your forearms if mobility allows. Do one minute on each side.

CROSS-LEGGED FORWARD FOLD

This stretch opens your hips like the frog and stretches your lower and upper back for improved depth and torso position.

Sit cross-legged with your knees stacked over your ankles. Walk your hands forward and fold at the hips, pressing your sit bones down as you reach forward. Relax your spine and allow your head to drop.

HALF SPLIT

Tight hamstrings can tilt your pelvis down posteriorly, making it difficult to keep your spine long and your torso upright.

Start in a low lunge with your left knee down, right knee bent. Place your hands on the floor on either side of your right foot, then straighten your right leg, flexing your foot and pulling your toes toward your shin. Draw your chest forward and down toward your foot. Repeat on both sides.

Mobilize your entire body in less than five minutes.



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Rethinking sodium

Though the current Dietary Guidelines recommend that people consume 2,300 milligrams (2.3 grams) or less of sodium per day – the equivalent of about 1 teaspoon of table salt – most Americans eat nearly twice that much. However, according to new research, this isn't such a biggie: A Canadian study found that there was no increased health risk for people who consumed 3 to 5 grams of sodium daily and that issues such

as stroke and high blood pressure were associated with a daily sodium consumption in excess of 5 grams. What does 5 grams of sodium look like? Think: an entire large, frozen pizza or a chicken-bacon wrap with cheese and ranch dressing. That being said, excess sodium can cause bloating and electrolyte imbalances, so keep on eating clean, Oxy Sisters, and use herbs, spices and salt substitutes whenever possible.



Probiotics are not created equal

Probiotics have been touted for improving gut health by balancing good and bad bacteria and improving immunity. But a team of researchers linked daily probiotic intake to brain foginess and bloating. D-lactic acid, which is known to be toxic to brain cells, was found to be three times the norm in study participants, hence causing their brain drain. This acid also can build up in the small intestines and cause bacterial overgrowth, hence the bloating. The abundance of D-lactic acid was likely caused by *lactobacillus*, a very common component of most probiotic products. Before popping any old pill, do a little research to find the strains that will work best for your symptoms.



TO EAT OR NOT TO EAT? THE DEBATE CONTINUES.

According to a new study, eating breakfast preworkout may prime your body to more rapidly digest food both during and after your session. Study participants who ate a breakfast of oatmeal and milk before cycling burned carbohydrates at an increased rate both during and after exercise, versus cyclists who fasted overnight. Moreover, the carbs being burned weren't just from breakfast; they were also drawn from stored carbohydrates (glycogen), which suggests that eating before exercise may accelerate weight loss and improve metabolism throughout the day.

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Sacking sleep myths

Here, we put five common sleep misconceptions to bed — once and for all.



not logging enough zzz's? Join the club: One in 3 adults doesn't get adequate sleep, according to the Centers for Disease Control and Prevention. But before you self-diagnose as an insomniac, there are several sleep myths that need debunking. Read on and get the rest you need to stay on top of your game, physically and mentally.

▶ **Myth No. 1:** *You can't make up for lost sleep on the weekend.*

Also called "repaying your sleep debt," this one is tricky because there may be some truth to it. "If you're chronically sleep-deprived — meaning several nights of bad sleep every week for at least 12 weeks — it is impossible to catch up on the weekends," says David Brodner, M.D., sleep specialist at the Center for Sinus, Allergy & Sleep Wellness in Florida. However, some studies show that you might be able to make up for a couple of bad nights by sleeping in as long as you can on the weekend. Can't make it happen? Consider napping between 2 and 5 p.m. for no more than 30 minutes; longer than that and you could mess up your sleep that night, Brodner says.

► **Myth No. 2:** *There's no such thing as getting too much sleep.*

"Studies show that people who get too much sleep will have health problems," Brodner says. In one study, sleeping more than 10 hours per night was associated with an increased risk of metabolic syndrome, elevated triglyceride levels, a higher waist circumference and lower HDL cholesterol in women. If you do tend to sleep too much, your issues might be bigger than fatigue and may be caused by depression, diabetes, chronic pain, hormonal imbalances or sleep apnea, and they may warrant a visit to your doctor.

► **Myth No. 3:** *Your relationship will suffer if you don't sleep with your partner.*

According to data from Ryerson University in Toronto, 40 percent of couples these days are embracing "night divorce," in which they sleep in different beds. This often occurs because their sleep patterns don't match or because one partner snores and keeps the other awake. And though many people believe they sleep better together, the opposite is actually true: When Ryerson researchers monitored brains of couples, they found that many people weren't getting into the deeper stages of sleep because of sound or movement from their partner. So sleeping apart may actually improve sleep quality and, as a result, relationships.

► **Myth No. 4:** *Lying in bed awake is just as good as sleeping.*

Unfortunately, the more time you spend lying awake, the more anxious you'll get about not sleeping. Before you know it, half the night has passed. "Some people might be able to shrug off a bad night of sleep, but for those with insomnia, one night of awful sleep puts more pressure on them the next night to sleep — which can then make it even tougher to sleep," Brodner says.

If you lie awake for 15 minutes or longer, leave the bedroom. Go to a room that's quiet and dimly lit and read a boring book or listen to dull music. (Note: Do not use any electronics because they have been shown numerous times to disrupt sleep patterns.) When you feel sleepy, return to bed. Continue this cycle until you're asleep.

► **Myth No. 5:** *You'll know whether you have sleep apnea.*

Sleep apnea affects more than 18 million adults, according to the National Sleep Foundation, and it is characterized by breathing that's interrupted briefly and repeatedly as you sleep. Though snoring is a telltale sign, you still may not know you have apnea — largely because it happens while you're asleep. "Sleep apnea is a serious condition that, if left untreated, can cause other health problems like high blood pressure, stroke, heart disease and depression," says Rita Aouad, M.D., assistant professor of sleep medicine at The Ohio State University Wexner Medical Center.

Moreover, women are more likely to go undiagnosed, according to the NSF, because often they don't exhibit the classic symptoms like snoring and/or breathing pauses. Instead, they may report mood disturbances, morning headaches and fatigue. Get in touch with your doc if you experience these alternate symptoms.

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Ask the Nutritionist

Q *I'm cold all the time. Is there anything I can eat to improve circulation?*

A People with poor circulation tend to have poor lifestyle habits and

diseases such as high blood pressure and diabetes, which block or narrow the arteries. As an *Oxygen* reader, you're likely not in this demographic, so you might instead have poor microcirculation, in which the small vessels that transport warm blood to extremities go into spasm because they are sensitive to cold. This mostly occurs in people who are slim, have a low metabolic rate or poor thyroid function, or are taking drugs that cause poor blood flow. Citrus fruits, nuts, ginger and garlic can help stimulate blood flow; they contain vitamins and antioxidants that naturally thin blood, strengthen capillary walls and prevent plaque buildup in arteries.



Easy
Thanksgiving
Sides

Quick Bites

2½ lb green beans  + **¼ cup lemon juice** + **1 tbsp zest**  + **3 tbsp olive oil**  = **Lemony Beans**

▶ Trim and boil green beans. Toss with lemon juice and zest. Cook with oil in a skillet; season with salt and pepper.

⅓ cup orange juice + **3 strips zest**  + **12 oz cranberries**  + **½ cup honey**  = **Cranberry Sauce**

▶ Cook berries with ½ cup water over medium-high heat until they soften and burst, 12 to 14 minutes.

1 head cauliflower  + **2 tbsp olive oil**  + **½ cup Parmesan cheese**  = **Parmesan Cauliflower**

▶ Cut cauliflower into florets. Toss with oil and roast at 325 F, 25 to 35 minutes. Top with shredded Parmesan.

SPOTLIGHT ON ...

FUNCTIONAL MUSHROOMS

► **THE POPULARITY** of the fungus among us is increasing, and medicinal mushrooms have been popping up on food and supplement labels more than ever. Unusually named varieties such as reishi, chaga, turkey tails, maitake, cordyceps and lion's mane are reputed

to strengthen your immune system and may help treat asthma, allergies and arthritis because of their anti-inflammatory properties. They are also particularly good sources of germanium, an antioxidant that increases oxygen flow and fights free radicals, and they contain adaptogens that could help you cope with stress by supporting adrenal function.

Find these mushrooms in their whole or dried form at farmers markets and health food stores and as ingredients in a variety of nutrition products such as bars, smoothies, supplements and personal-care products.

Turkey tail mushrooms are great for immunity.



Nutrition myth BUSTIN'

True or False: Microwaving zaps nutrients from food

Sometimes. The energy wavelengths that microwaves use to cook food are remarkably selective at targeting water and other molecules, causing them to vibrate and build up thermal energy. Some nutrients, such as vitamin C, break down when exposed to heat. However, because microwaves cook food faster than methods such as boiling, they actually do a better job of preserving vitamin C and other water-soluble nutrients.

25 **THE PERCENT** less food and more water you should consume to avoid tummy troubles when traveling. Stress related to travel can trigger unpleasant effects in your stomach, such as gas, bloating, diarrhea and constipation, explains Michael Gershon, M.D., a neurogastroenterology expert and professor at Columbia University in New York. Also, cut back on caffeine and alcohol, both of which can irritate your gut.

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Dragon fruit

Fire up your nutrition with this fabulous superfruit.

Though it sounds exotic, dragon fruit — aka pitaya — is now commonplace in most grocery stores. This member of the cactus family has either white or bright pink flesh, and it is the latest superfood being researched for its role in things such as cancer prevention, immunity, increased energy and gut health. Here are five ways to enjoy this tasty, vibrant treat.

1. AS A CANCER-PREVENTIVE CONDIMENT Research published in the *Journal of Food Science* revealed that the polyphenol and flavonoid content of both white and red dragon fruit contain cancer-preventative substances that help combat breast, ovarian, lung, liver and skin cancers. **Dragon-Fire Salsa:** Add 1 cup chopped dragon fruit, 1 chopped green onion, 1 tablespoon chopped fresh cilantro, 1 chopped and seeded jalapeño pepper, and 1 tablespoon lime juice to a bowl. Stir to combine and add salt (to taste). Serve with tortilla chips or on top of fish.

2. AS A MUSCLE-BUILDING MEAL MAKER Dragon fruit contains a healthy dose of magnesium, which is involved in more than 300 biochemical reactions in the body, including protein synthesis, muscle contractions, blood sugar regulation and energy production.

Red Dragon Rice

- 2 cups cooked rice
- ½ dragon fruit, peeled and chopped
- 1 clove garlic, minced
- 1 red chili pepper, finely chopped
- ½ tsp salt
- ½ green onion, chopped
- 2 tbsp grapeseed oil

Heat oil in a pan over medium heat. Add all ingredients except rice and saute. Add rice and stir until combined. Serve with chicken, shrimp or lean beef.

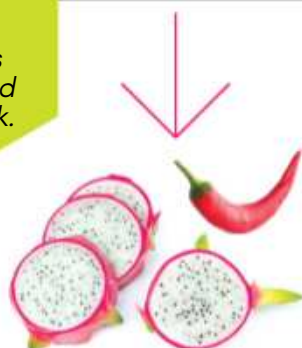
3. AS A B-HEAVY BREAKFAST A wealth of B vitamins are found in dragon fruit, including B1, B2 and B3 for improved immune function as well as vitamin B12 for energy, concentration, improved mood and red blood cell production. **High-Pro Smoothie Bowl:** Blend together 1 cup frozen mango cubes, 1 cup frozen pineapple cubes, 1 packet frozen pitaya puree, 2 handfuls spinach, ½ peeled kiwi, ½ cup almond milk and 1 scoop plain or vanilla protein powder. Top with granola or fresh fruit.



4. AS AN ANTI-AGING TREAT Phosphorous helps protect and repair cells to preserve skin's youthfulness and prevent premature aging. Dragon fruit contains 22.5 grams (per 100 grams) of phosphorous, as well as a ton of vitamin C — almost three times the amount as carrots — which boosts collagen production and fights free radicals. **Happy Skin Sorbet:** Blend 2 chopped dragon fruits (peeled) with ¾ cup water, 2 tablespoons sugar and 1 tablespoon lemon juice. Pour into a baking dish and cover with plastic wrap. Place in the freezer. Stir every 2 hours for 8 hours, then allow to freeze overnight.

5. AS A GOOD-GUT SIDE The oligosaccharides found in dragon fruit act as prebiotics, improving digestion and gut health, controlling weight gain, and preventing cardiovascular diseases and cancer, according to research published in *3 Biotech*. Dragon fruit also contains 1 gram of fiber (per 100 grams), aiding digestion and normalizing blood sugar. **Dragon Fruit Salad:** To a large bowl, add 2 cups chopped dragon fruit, 1 pint halved strawberries, 1 pint blueberries, 1 pint blackberries and 6 fresh mint leaves, finely shredded. Whisk together 2 tablespoons honey and ¼ cup olive oil, then drizzle over salad. Stir gently and refrigerate 1 hour.

Dragon fruit comes in two colors — white and vibrant pink.



As a cancer-preventive condiment



As a muscle-building meal maker



As a B-heavy breakfast



As an anti-aging treat



As a good-gut side

Nature vs. nurture

Use these steps to change your behavior — for the better.

We all have behaviors or character traits we'd like to change. Maybe you're a couch potato who wishes you enjoyed working out or an impulse spender with mountains of debt. But even if Mother Nature didn't provide you with the innate characteristics you desire, you can cultivate them on your own.

"Research indicates that humans are a product of both their genetics and the environment," says Carla Marie Manly, Ph.D., a California-based clinical psychologist and author of *Joy From Fear* (Familius, February 2019). "We are born with certain genetic factors, yet as we grow and move through life, we can craft ourselves into the type of person we want to be."

While you can't change your genetic coding, you can learn to better control your thoughts and behaviors. Our experts offer these 11 tips for driving change and increasing your possibility of success.



With a little effort, you can learn to control your behavior for the better.

1. Clarify your goal. Saying "I want to be a better person" is too vague. A clearer goal is "be kinder to others," according to Ramani Durvasula, Ph.D., a licensed clinical psychologist and relationship expert at Tone Networks. To make this happen, you could practice being a better listener, showing empathy for someone in need or being more patient when driving.

2. Keep a real-time log. Trying to recall a behavior at a later date often leads to overestimation or underestimation of what really happened, Manly says. For example, a dieter who records her food intake as it happens has a better chance of being accurate and noticing eating patterns.

3. Be proactive, not reactive. Sometimes it is easier to change situations than it is to change your reaction. For example, if you get irritable with friends when out late on a weeknight, spend time with them on the weekend instead when you are more rested and see whether that makes a difference.

4. Manage expectations. It is not realistic to say, "I am going to stop cursing right now," but it is realistic to stop cursing at work to begin.

5. Start slowly. If you rush in and don't get it right, you might feel guilty or defeated, Durvasula says. For example, if your goal is to eat more veggies, add one serving per day to your existing plan rather than forcing yourself to eat veggies with every meal.

6. Add frequency. As your new behavior becomes habitual, increase the number of times you practice it, say several times per day or per week.

7. Rewrite your self-talk. Manly suggests consciously shifting a negative inner dialogue to a positive one to better achieve your goals. For instance, if your inner voice says, "I am not worthy," change that to, "I am more than enough."

8. Gentle reminders. Place simple, supportive messages all around you to remind you of your goal. If you are trying to exercise more, put a note on your bathroom mirror that says, "Go for a 10-minute walk after work! You'll feel so much better!" Manly recommends.

9. Seek support. Your inner circle can contribute positively or negatively to your change, Durvasula says. Identify who is supportive so you have positive feedback and encouragement, and distance yourself from negative people so they don't derail you.

10. Be kind to yourself. See stumbles and missteps as opportunities, not mistakes. "Mistakes are the way we learn and can even be viewed as triumphs of sorts," Durvasula says. "If you see a lesson rather than a failure, you're less likely to punish yourself for it."

11. Reward yourself. Recognize your progress with a reward based on your unique desires. "For example, a warm evening bath might be a true luxury for a busy mom," Manly says.



The unfriendly skies

✚ **Traveling for the holidays?** Then pack your hand sanitizer: Research published in *BMC Infectious Diseases* found that the greatest number of airport germs lurk in those gray plastic bins in the security line. In fact, they found viruses on 10 percent of all the surfaces they tested. Yikes! Cut your chances of getting sick with these tips:

▶ **Arm your system** Start taking 1,500 milligrams of vitamin C several days before your trip, advises Elizabeth Trattner, acupuncture physician and certified integrative medicine practitioner in Miami. She also recommends a probiotic to help fight off infections. “Take a nondairy product with eight or more different strains of bacteria and at least 25 billion units of bacteria,” she says.

▶ **Wrap up** “Your mucous membranes dry out in airplanes where the humidity is low and there isn’t a lot of fresh air,” Trattner says. “Keeping those membranes warm and moist helps minimize germs, bacteria and viruses from entering your respiratory system.” Pack a few scarves in a zip-close bag and wrap them around your neck, mouth and nose during flights.

▶ **Flex while flying** Keep blood from pooling in your legs by standing up and walking the aisles whenever you can. You also can stretch in your seat, says Javier Ibarra, a Las Vegas-based doctor of physical therapy. Do head rolls, shoulder stretches, ankle rolls and the like.

▶ **Hydrate** Dehydration makes you more susceptible to illness, so avoid caffeine and alcohol both on land and in the air, and drink lots of water, Trattner says.

Hidden stress cues

A record number of people — 38 percent — are experiencing worry and stress, according to Gallup’s annual Global Emotions Report. Many aren’t aware of the physical manifestations of stress, says Helen L. Coons, Ph.D., a health psychologist in Boulder, Colorado. Here, she calls out the danger signs that often fly under the radar and offers some easy tips for alleviating anxiety.

Gut trouble Stress alters your immune system and gastrointestinal microbiota, which can cause nausea and diarrhea and can make irritable bowels more irritable.

Muscle tension Headaches, back aches and neck aches can crop up when your muscles are in a chronic state of fight or flight.

Menstrual flux Experts theorize that stress disrupts the body’s hormone balance, which could make your periods less regular or your premenstrual symptoms worse

STRESS RX

- ▶ Take mini-breaks throughout the day to increase your sense of calm, even if it’s a minute or two of quiet time in your car before walking into work.
- ▶ Call a good friend or listen to a podcast or recorded book during your commute to prevent road rage.
- ▶ During the workday, go for a walk around the block or spend a few minutes doing relaxation exercises at your desk.
- ▶ Practice deep, slow breathing from the belly to center your thoughts and give you energy.

Fisheye lenses?



Cold winter air can cause dry eye syndrome — a condition in which your eyes don’t make enough natural lubrication — and affects nearly twice as many women as men in the U.S., according to research published in *Science Translational Medicine*. Though the exact trigger of dry eye is unknown, evidence points to the inflammatory response as a causative factor, says senior author Daniel Saban, Ph.D., associate professor at Duke University. Aside from using over-the-counter eye drops, include more omega-3 fatty-acid-rich foods such as salmon, tuna and walnuts in your diet to reduce inflammation and facilitate tear production.



You're only 60 days away from finally making exercise and clean eating part of your lifestyle.

BY LARA McGLASHAN, MFA, CPT

PHOTOGRAPHY BY CORY SORENSEN



New Year's is approaching fast, and if you're like 99 percent of the world, part of your resolution is to get fit/lose weight/eat healthy. Unfortunately, the majority of resolutioners will abandon their healthy goals by March, and so continues the cycle of gym memberships that go unused. So also continues the cycle of quick-fix programs and yo-yo diets, which not only do a number on your metabolism but which also undermine your confidence.

"I have been there," says Katie Corio, NPC bikini competitor and creator of *Oxygen's* Healthy New You online education program. "I have felt the guilt and the low self-esteem that comes with being out of shape. I understand what it is to want to be fit and healthy, but to have it seem so out of reach."

HEALTHY NEW YOU

KATIE CORIO

BIRTH DATE

August 29, 1993

HEIGHT

5'3"

WEIGHT

127 lb

CURRENT RESIDENCE

Del Mar, California

SPONSOR

1 Up Nutrition

INSTAGRAM

@cutekatiebug

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TWITTER

@cutekatiebug

SNAPCHAT

"cutekatiebug"

Rising Above

Corio went from being super active to sedentary after she tore her meniscus in a volleyball tournament. Though she did the work to rehab her knee, Corio gave in to the typical college lifestyle — late-night drinking, poor food choices and zero exercise — and quickly lost her physique. "I remember trying on bikinis in the dressing room and noticed how different I looked," she says. "That's when I decided I needed to make some real changes."

Corio hired a trainer who competed in figure competitions and was immediately inspired to do so herself. She did three NPC bikini contests and a powerlifting event and excelled

at them all. However, after her last bikini competition, Corio felt horrible. She had stiff, swollen joints and would lie in bed at night in tears wondering why she could not move. The doctors diagnosed her with rheumatoid arthritis and told her to stay away from the gym. "That was like a death sentence to me," Corio says. "I thought my fitness days were over."

The lab coats also wanted to dose her with medication, but Corio was reluctant. She researched alternative treatments and decided to try homeopathic remedies and an anti-inflammatory diet to control her symptoms. She continued doing physical therapy exercises to loosen and warm up her joints, and after several months, she was living and training almost completely pain-free.

"This filled me with hope that I could manage my symptoms naturally," she says. "So I decided to train for a USPA powerlifting meet to prove to myself — and the doctors — that I could lift heavy and be strong with rheumatoid arthritis and that I didn't need their harsh medications to cope." Needless to say, she crushed her competition, squatting almost 300 pounds with perfect form and optimal mobility.

Total-Life Transformation

Even if you don't have rheumatoid arthritis or the desire to squat the equivalent of a baby water buffalo, you likely can relate to Corio's dressing-room drama. "That terrible day of trying on bikinis helped me move forward," she says. "I was determined to improve my self-confidence and be happy with my body again. My intuition was telling me there were bigger and better things in store, and I fully committed to seeking those out. I didn't realize at the time that much more than my body was going to change."

Corio found that the healthier she got, the more her mindset and desires changed. "I started sitting a little taller, looking people in the eye and speaking with more deliberation," she says. "I transformed from the inside out rather than the outside in. That, I think, is the secret beauty in living a healthy lifestyle: It isn't just a physical improvement but a total-life transformation."

Happy New You

This is the transformation Corio wants for you, as well, as the coach of our new 60-day Healthy New You online video program. "I know what it takes to break out of that cycle and can teach people how to maintain their health and fitness long term," Corio says. "Together, we can turn any resolution into a daily, sustainable lifestyle."

Corio's program of consistent exercise and clean eating enables anyone at any level of fitness to succeed. "It's about finding exercise options that you love and look forward to, and finding recipes and healthy foods you enjoy eating," she says.

Her workouts are a progressive mixture of total-body training and bodypart splits using simple equipment (e.g., no gym membership required!) so you can do them anywhere, anytime — in 60 minutes or less! Corio also curated her best collection of recipes to share with program participants, and moreover, she will show you how to create your own healthy meal plan. "My step-by-step guide centers around macronutrients and teaches you how to put your meals together in a well-balanced and nutritious way," she says.

"My hope is that you will use the Healthy New You program as a springboard to living a fit and healthy lifestyle," she continues. "At the end of 60 days, you will have all the tools you need to make your new, healthy habits a permanent part of your life. Ladies, I got you! No more starting over. We will do this together, once and for all!"

SLOW-COOKER TURKEY AND SWEET POTATO STEW

MAKES 6 SERVINGS

"Tis the season to get cozy! Warm up with this easy, healthy recipe!" Corio says.

INGREDIENTS

- 1 lb extra-lean ground turkey breast
- 16 oz sweet potatoes, cubed
- 2 zucchini, cubed
- 1 (15 oz) can red kidney beans
- 1 red bell pepper, cut into chunks
- $\frac{3}{4}$ cup marinara sauce
- $\frac{1}{2}$ onion, chopped
- 1 tsp garlic, minced
- 1 tsp salt
- cracked black pepper, to taste
- 1 tsp red pepper flakes
- 1 cup chicken broth
- 3 bay leaves

DIRECTIONS

In a skillet, brown ground turkey, breaking it up as it cooks. Remove and put into a slow cooker. Add remaining ingredients and mix well. The liquid level should fill the pot a little more than halfway with ingredients inside; add more chicken broth, if needed, to level out. Cover and cook 4 hours on high, or until potatoes are tender. Remove bay leaves and serve.

Nutrition Facts (per serving):

calories 212, fat 1 g, carbs 30 g, protein 21 g, fiber 8 g, cholesterol 30 mg, sodium 468 mg

Ho-Ho Holiday Survival

Here are five tips from Katie Corio for avoiding collateral celebratory damage.

Pace yourself. Your eyes are usually bigger than your stomach. Eat a small portion and then wait before diving in for seconds.

Hydrate. A lot of times we mistake thirst for hunger. Drink a full glass of water between each helping of a meal for hydration and appetite control.

Exercise early. That way, you ensure it doesn't get pushed back by family plans or lack of energy. Plus, you're more likely to make healthier choices after a nice sweaty workout!

One is enough. Don't deprive yourself of the joy of the holidays. Indulge in dessert but remember that one is enough: Have one piece of pie — not three!

Plan ahead. If you know you'll be enjoying a high-calorie, home-cooked meal later in the day, eat light and healthy leading up to that meal.

RESOLVE TO EVOLVE

Preregister now for the Healthy New You program! You're only 60 days away from living your fittest life — ever. Go to oxygenmag.com/healthy-new-you and get ready to face down your resolutions!

The one-plate glute workout

Believe it or not, Katie Corio's glutes were flatter than a flap-jack before she started lifting. After years of trial and error, she found a winning formula that gave her a brag-worthy booty. Here are some of her favorite go-to moves to build gravity-defying glutes.

INSTRUCTIONS

Do all the exercises in order one after the other. Rest one minute and then repeat for a total of two rounds. Choose whatever weight plate is appropriate for your fitness level.

EXERCISE	REPS
Pulse Sumo Squat	15
Plate Swing	15
Walking Long Step Lunge and Twist	15 (each leg)
Single-Leg Hip Thrust	10 (each leg)
Single-Legged Romanian Deadlift	10 (each leg)



PULSE SUMO SQUAT

Hold a plate with both hands and stand with your feet outside shoulder-width apart, toes turned out comfortably. Bend your knees and drop your glutes straight toward the floor, stopping when your thighs reach parallel. Rise back up a couple of inches, lower back to parallel and then stand all the way up to complete one rep.

KATIE'S TIP: Focus on squeezing your glutes at the top of each rep — exaggerate it even — and go nice and slow for each rep.

PLATE SWING

Hold a plate with both hands and stand with your feet shoulder-width apart, knees soft. Break at the hips and push your glutes back to swing the plate underneath you and between your legs. As it comes back through to the front, quickly extend your knees and snap your hips forward, creating enough momentum to lift the plate to shoulder height. Guide it down carefully and go right into the next rep.

KATIE'S TIP: Don't round your back as you swing the plate between your legs. Keep it flat throughout.

WALKING LONG STEP LUNGE AND TWIST

Hold a plate with both hands at your chest. Take a large step forward, bending your front knee while keeping your back leg straight. Lunge until your front thigh is parallel to the floor, then twist your torso toward the forward leg. Return to center, push off your back foot and bring your feet together. Continue, alternating sides.

KATIE'S TIP: Long step lunges target the glutes and hamstrings more than a traditional lunge. Exhale and blow out all your air as you twist.

SINGLE-LEG HIP THRUST

Lie faceup, knees bent, and position a plate across your hips. Extend one leg straight up over your hip and then press down through your grounded foot to lift your hips toward the ceiling, keeping your hips square and the plate centered. Slowly lower to the start and repeat. Do all reps on one leg, then switch.

KATIE'S TIP: Changing your foot position changes the emphasis of the move: The closer it is to your glutes, the more you engage your hamstrings; the farther away it is, the more you engage your quads.



SINGLE-LEGGED ROMANIAN DEADLIFT

Hold a plate with both hands and shift your weight onto one leg. Extend your opposite leg behind you, then hinge at the hips and lower your torso toward the floor as you simultaneously lift your leg behind you, hips square. When your torso and leg come parallel to the ground and/or you feel a stretch in your standing hamstring, return slowly to the start. Do all reps on one leg and then switch.

KATIE'S TIP: Lower the plate over the arch of your standing foot and pull your shoulders back for optimal position and balance.



▢

leveraging YOUR assets

Here it is —
the ultimate
bodyweight
workout —
with nary
a squat, lunge
or plyometric
in sight!

SEEMS LIKE IT SHOULD BE EASY — being able to move your body around in space — but anyone who has ever tried to do a dead-hang pull-up can attest to the fact that, no matter what you weigh, bodyweight exercises are among the hardest around. They are also some of the most adaptable, and you can create a kick-ass workout with only your personal collection of 37 trillion cells and some gumption.

BY LARA McGLASHAN, MFA, CPT
PHOTOGRAPHY BY CORY SORENSEN

Most bodyweight workouts contain some kind of lunge, squat or explosive plyometric movement. However, not everyone can (or wants to) perform these moves because of injury or mobility limitations. In fact, we get plenty of mail to this effect, asking for replacements or modifications, and we want you to know — you've been heard.

These 15 compound moves work for any level of fitness participant, are 100 percent non-impact and

are as knee- and lumbar-friendly as possible. First, become proficient at the two Moves to Master, then when you're ready, take aim at the Goal Move. Though these moves are grouped specifically into trios for this article, each move on its own is awesome, so mix and match the different variations according to your druthers. Need ideas? Check out the sample workout charts on Page 46.

GOAL MOVE BEAR SQUAT

MOVES TO MASTER

BEAR BALANCE

START: Get on all fours with your hands underneath your shoulders and your knees underneath your hips. Turn your toes under and press down into the floor with your hands and toes to lift your knees off the ground so your shins are parallel with the floor. Your head should be neutral, core braced, back straight.

ACTION: Hold here as you lift one hand and your opposite foot off the floor an inch or two, then replace. Continue, alternating sides.

BEAR CRAWL

START: Same as the bear balance.

ACTION: Now when you lift your hand and opposite foot, take a step forward, keeping your core engaged and your back straight. Also, try moving backward, laterally or in a circle, and go for distance, time or reps.

BEAR SQUAT

START: Same as the bear balance.

ACTION: Bend your knees and lower your glutes to touch your heels. Then quickly explode up and forward, straightening your legs and lifting your hips toward the sky as you shift your weight over your hands. Lower to the start and go right back into the next rep.



GOAL MOVE LOG ROLL

MOVES TO MASTER

HOLLOW BODY HOLD

Lie faceup with your arms and legs extended. Press your lower back into the floor and brace your core, then lift your head, shoulders and legs off the floor several inches so your body makes a shallow crescent shape. Hold here for time.



SUPERMAN HOLD

Lie facedown with your arms and legs extended. Simultaneously lift your arms and legs off the floor while keeping your head neutral and aligned with your spine. Hold here for time.

LOG ROLL

Assume a hollow body hold and hold for two counts. Keep your arms and legs lifted off the floor as you roll to the left and onto your stomach into a Superman hold. Pause for two counts, then roll once more to the left and back into the hollow body hold for two counts. Repeat the same sequence while rolling to the right to complete one rep. Alternate between beginning in hollow body and Superman.

THE SLOWER YOU DO THE LOG ROLL, THE HARDER IT BECOMES. CHALLENGE YOURSELF AND TRY NOT TO TOUCH DOWN WITH YOUR HANDS OR YOUR FEET THROUGHOUT!

GOAL MOVE WALL MARCHING GLUTE BRIDGE

MOVES TO MASTER

WALL GLUTE BRIDGE

START: Lie faceup and place your feet flat on a wall about hip-width apart with your knees and hips bent at 90-degree angles and your arms extended along your sides.

ACTION: Lift your hips until your body makes a straight line from your knees to your shoulders. Squeeze your glutes, then lower back to the floor.



WALL SINGLE-LEG GLUTE BRIDGE

START: Begin as with the wall glute bridge, but with just one foot on the wall and the other leg extended straight up over your hip.

ACTION: Press your hips up to align with your knees and shoulders, keeping your pelvis level. Lower to the start. Do all reps on one side before switching.



WALL MARCHING GLUTE BRIDGE

START: Same as the wall glute bridge.

ACTION: Press your hips up into a bridge and hold here as you slowly bring one knee in toward your chest, then replace. Continue, alternating sides, without lowering to the floor between reps.



A WALL PROVIDES A SOLID SURFACE ON WHICH TO PERFORM A VARIETY OF BODYWEIGHT EXERCISES. ANYTHING FROM GLUTE BRIDGES TO HANDSTAND PUSH-UPS CAN BE DONE WITHOUT A SINGLE PIECE OF EQUIPMENT AND JUST A HUMBLE BLANK WALL.



GOAL MOVE DIVING EAGLE

MOVES TO MASTER

WOBBLY FLAMINGO

START: Stand on one leg with your other knee bent and your foot next to your knee. Place your hands on your hips and find your balance.

ACTION: Imagine that your bent leg and hips are fused, so as you hinge forward, your leg moves rearward and upward. Return to the start. Do all reps on one side, then switch.

TIP: Make your standing knee soft; don't lock it out.



SOARING SEAGULL

START: Same as the wobbly flamingo but with your arms extended to the sides.

ACTION: As you hinge at the hips, extend your leg rearward as you tip forward, getting your leg/torso as close to parallel as possible with the floor. Return slowly to the start. Do all reps on one side, then switch.

▶ DIVING EAGLE

START: Same as the soaring seagull.

ACTION: Hinge at your hips and tip forward as you extend your leg rearward, but simultaneously bend your standing knee and scoop your arms down and forward. As you extend your standing knee and hinge back to vertical, reach overhead and back out to the sides. Do all reps on one side, then switch.



GOAL MOVE WALL SIT WITH ALTERNATING ARM/LEG LIFT

MOVES TO MASTER

STANDARD WALL SIT

Stand in front of a wall with your feet hip-width apart. Lean back so your head, shoulders and glutes are in contact with the wall, then walk your feet forward about a foot. Slide down the wall until your hips are level with your knees and your knees and hips make 90-degree angles, and hold here for time.



WALL SIT WITH LEG LIFT

START: Same as the standard wall sit but extend your arms to the sides at shoulder height, palms facing rearward and pressed against the wall.

ACTION: Maintain your “seated” position as you extend one leg straight out from your hip parallel to the floor, and hold for two counts. Replace and continue, alternating sides.

SAMPLE WORKOUTS

Here are some ideas for grouping these moves into different workouts or blending them in with some of your other bodyweight favorites to customize your programming.

Killer Ab and Core Circuit

Do each move for the prescribed time or reps with little to no rest between moves. Go through the circuit one to three times, depending on your fitness level, and rest 60 seconds between rounds.

EXERCISE	SETS	REPS/TIME
Hollow Body Hold	1	30 seconds
Bear Balance	1	30 seconds
Side-Plank Hip Lift	1	15-20 (each side)
Hanging Knee/Leg Raise	1	15-20
Superman Hold	1	30 seconds

Total-Body Chipper

Complete all reps of one move before going to the next. Move steadily and quickly without sacrificing form, and record the time it takes you to complete. Try to meet or beat that time next session.

- ▶ 50 Bear Crawls
- ▶ 40 Bear Squats
- ▶ 30 Wobbly Flamingos (15 each side)
- ▶ 20 Wall Sits With Alternating Arm/Leg Lifts
- ▶ 10 Diving Eagles

▶ WALL SIT WITH ALTERNATING ARM/LEG LIFT

START: Same as the standard wall sit.

ACTION: As you extend one leg parallel to the floor, lift the opposite arm straight up overhead and press it firmly into the wall and hold. Replace arm/leg and continue, alternating sides slowly and deliberately. 

10-Minute EMOM (every minute on the minute)

For each minute, do the prescribed moves and reps. Rest any remaining time. Begin at the top of the next minute.

ODD MINUTES (1, 3, 5, etc.)

- 10 Wall Glute Bridges
- 10 Wall Marching Glute Bridges

EVEN MINUTES (2, 4, 6, etc.)

- Standard Wall Sit (30 seconds)
- 1 Log Roll (each direction)

CHANGE THE
DYNAMIC
OF ANY
BODYWEIGHT
MOVE — AND
HIT YOUR CORE
HARDER — BY
MAKING IT
UNILATERAL.



□

We spend a lot of time researching the proper shoes for our sport — whether it be running, CrossFit or strength training — making sure that they fit just so and that they provide optimal support and perform well during activity. But once afoot, your shoes are only good if they are comfortable, and how you lace them up can make or break your workout experience.

“Common problems with shoe dysfunction during training can often be fixed with simple changes to lacing,” says Jason Havey, DPM, chief resident of podiatric surgery at Hennepin County Medical Center in Minneapolis. And while the tightness of a shoe is often a matter of preference, the general rule of thumb, according to Havey, is that a shoe should be “comfortably snug”: Your foot should not be able to move around, but there also should not be any discomfort.

Here are some common issues you might encounter with your footwear and the lacing techniques to resolve them.

How you lace up your shoes can make all the difference in comfort and performance.

tying it together

BY LARA McGLASHAN, MFA, CPT





ISSUE ▶ **Black toenails or Morton's toe**

Some runners claim that unless you have black toenails, you're not legit. Truth be told, disgusting, dead nails are not a badge of honor. "If your shoes are too tight or narrow, your toes will hit the front of the shoe with every step, leading to toenail problems," Havey says. Also, people whose second toe is genetically longer than the others — called Morton's toe — can have the same issues with their toes continually striking the front of the toe box. Use this lacing technique to lift the toe box, creating room and preventing the shoe from pressing down on your nails and toes.

SOLUTION ▶ **Toe-box relief lacing**

Completely remove the lace from the shoe. Thread one end down through the eyelet on the side nearest your big toe, then bring it diagonally up and across, pulling it up through the top eyelet on the opposite side. Leave enough lace so that you can progressively weave the other end back and forth up to the top of the shoe.

ISSUE ▶ **Hot spots, numbness and/or tingling on top of the foot**

The last thing you want to have happen during a race or workout is to have your feet fall asleep or get a blister where your shoe rubs or presses down on your foot. "High-arched individuals or those with a high instep are prone to nerve irritation across the top of the foot," Havey says. "The downward pressure of the laces on the bones of the midfoot can irritate the nerves in the area." Use this technique to relieve this top-heavy pressure and prevent irritation of nerves and/or skin.

SOLUTION ▶ **Pressure- relief lacing**

Identify where you're feeling the pressure or where the shoe is rubbing, then unlace the shoe to a point just below that spot. Thread the laces vertically up the sides of the shoe, going as high as needed until you're above the hot spot, then resume your normal diagonal lacing to the top.

ISSUE ▶ **Shoes too loose/ narrow feet**

Just as it is difficult for those with wide feet to find a comfortably fitting shoe, so it is a challenge for those with narrow feet to get properly outfitted. "If your shoes are too loose, your foot may slide around inside, causing uncomfortable friction and blisters," says Havey, adding that you also could twist an ankle. This technique cinches up the shoe from bottom to top, keeping your foot in place to prevent injuries.

SOLUTION ▶ **Narrow-foot lock lacing**

Thread your laces as you would normally through the first and second eyelets. Then thread the laces down through the next eyelets up on the same side to create a lock. Now cross the laces back over and weave them under the lock. Continue this lace-lock pattern all the way to the top of the shoe.

ISSUE ▶ **Heel slippage**

If you've ever wondered what that "extra" eyelet at the top of your shoe is for, you're about to find out: "Use the eyelets closest to your ankle joint to stop your heel from slipping or lifting," Havey says. This usually occurs if you have narrow ankles or heels or if your shoe is a little too big. Slippage can lead to blisters, hot spots or even a twisted ankle, so use this lacing technique to secure your heel into place.

SOLUTION ▶ **Lock lacing**

Lace your shoe as you would normally all the way to the top. Then thread the laces down through those "extra" eyelets closest to your ankles and pull them through until there is a small loop remaining. Cross the laces over and through the loops on opposite sides and pull to tighten and lock down.

ISSUE ▶ **Wide forefoot or pinched toes**

Having a wide forefoot can spell a tight squeeze with many shoe brands, even if they are designed for wider appendages. This can mean undue pressure and blisters on your big and/or pinkie toes or a pinching together of your toes, which can lead to impingement over time. This lacing technique releases some of the tension across the front of the shoe, creating more space for your foot to spread out.

SOLUTION ▶ **Wide-foot lacing**

Thread the laces down through the first eyelets on either side, up through the second eyelets on the same side, then down through the third eyelets on the same side. Now lace diagonally as you would normally to the top. 

got bunions? Skip first pair of eyelets completely and thread the laces beginning with the second set. Lace diagonally as you normally would to the top.



Minimalist

METABOLIC CONDITIONING

- Got a couple of free weights and a body?
Then you've got everything you
need to do this fat-blasting HIIT workout.
All you must do is show up.



By Lee Boyce, CPT | Photography by Michael Neveux

There's something to be said for a pared-down training space devoid of technology, machinery and canned overhead music. With little else to focus on besides your immediate training sesh, your workouts are that much more intense.

This entire workout can take place in a 10-foot space of open floor and uses only a bench, a step and some free weights to get the job done. And because these compound strength moves are arranged in supersets, you'll keep your heart rate up for a greater percentage of the workout, burning fat while saving time and shaping your muscles.

The minimalist metabolic workout

- **CHOOSE** a weight that is challenging and with which you can complete all the reps indicated.
- **PERFORM** all the reps of both moves in each superset back-to-back, then rest 30 to 60 seconds.
- **REPEAT** each superset four times through before moving on to the next.



Exercise	Sets	Reps
One-Arm Dumbbell Overhead Squat <i>superset with</i> Abdominal Four-Point Touch	4	10 (each arm) 6
Seated Dumbbell Snatch <i>superset with</i> Drop Lunge	4	8 10 (each leg)
One-Arm Z-Press <i>superset with</i> Bear Dog	4	10 (each arm) 5 (each side)
Kettlebell Angled Press <i>superset with</i> Plate Transfer Plank	3	12 3 (both directions)

ONE-ARM DUMBBELL OVERHEAD SQUAT

● **MUSCLES TARGETED:** Quads, glutes, hamstrings, core, obliques, deltoids, lower traps

Doing this overhead movement with one arm at a time challenges your coordination, balance and kinetic awareness. It also strengthens each side of the body individually, correcting imbalances and improving symmetry.

Stand with your feet shoulder-width apart and turned out slightly. Hold a dumbbell in one hand with your palm facing inward and extend your arm straight up over your shoulder. Reach your other arm out to the side for balance. Actively press the weight up toward the ceiling as you kick your hips back and bend your knees to lower into a squat, keeping your hips and shoulders as square as possible. (You might rotate a little.) Drive through your heels and stand up completely before going into the next squat. Complete all reps with one arm before switching sides.

● **TIP:** Holding the dumbbell with a neutral (palms inward) grip rolls your shoulder into a more ergonomic position when it is extended overhead.

● **MAKE IT HARDER:** Use a kettlebell instead of a dumbbell: The offset weight creates more work for your trunk to balance and stabilize the load.

● **MAKE IT EASIER:** Squat with a single dumbbell either at shoulder level or in the front rack position.



Unilateral movements like this improve balance, coordination and symmetry.



ABDOMINAL FOUR-POINT TOUCH

● **MUSCLES TARGETED:** Rectus abdominis, obliques, erector spinae, quadratus lumborum

Adding two additional touches in a different area to the standard shoulder-touch move gives your core a new challenge and taxes your muscular endurance.

Get into a plank with your hands directly underneath your shoulders and your head, hips and heels aligned. Spread your feet about shoulder-width apart and brace your core. Slowly lift one hand, briefly touch your opposite shoulder and replace. Repeat with the other hand. Now use the first hand to touch your opposite thigh underneath you and replace. Repeat with the other hand. Touching all four spots equals one rep.

● **TIP:** Ensure your core is engaged by squeezing your glutes and actively pressing back with your heels.

● **MAKE IT HARDER:** Move your feet closer together to create a less-stable platform.

● **MAKE IT EASIER:** Spread your feet farther apart to create a wider base of stability, and/or elevate your hands on a bench or step to reduce the amount of bodyweight you have to support.

The slower you do this abdominal four-point-touch, the more you'll challenge your core strength and endurance.



SEATED DUMBBELL SNATCH

● **Muscles Targeted:** Upper traps, deltoids, rhomboids, erector spinae

As opposed to a standing snatch, this variation eliminates your lower-body activation, forcing your upper body to generate power and speed solo.

Sit on the edge of a bench with your knees and feet together and hold a pair of dumbbells by your sides, palms facing inward. In one powerful motion, project the dumbbells upward by shrugging aggressively. As the weights come to shoulder level, flip your elbows underneath and, without pausing, punch the dumbbells up toward the ceiling, extending your arms quickly. Reverse the steps and return to the start.

● **TIP:** It is kosher to hinge forward slightly from your hips to help generate power at the start. Just make sure your back stays straight.

● **MAKE IT HARDER:** Add a second shoulder press to each rep to doubly fatigue the primary movers.

● **MAKE IT EASIER:** Perform the move while standing so your lower body can assist.



DROP LUNGE

● **Muscles Targeted:** Quads, glutes, hamstrings, erector spinae, core

Lunging down off a bench (rather than up onto one) creates much more rapid activation of the quads as they attempt to arrest your forward momentum. Likewise, pushing back up onto the top of the platform requires a greater effort from the quads.

Stand on a low platform or box — about 6 to 8 inches — and hold a set of dumbbells at your sides. Step forward off the platform with one foot and smoothly bend both knees to lunge straight down to ground level. Try to touch your rear knee to the floor without allowing your forward knee to shoot past your toes, then drive off your forward foot and stand back up onto the step. Do all reps on one leg and then switch.

● **TIP:** To avoid pitching forward, focus your energy and your trailing knee downward, protecting your joints and making your return to the start easier.

● **MAKE IT HARDER:** Elevate the step or use a prisoner stance (hands behind your head) while maintaining good posture.

● **MAKE IT EASIER:** Perform forward lunges on the floor.



ONE-ARM Z-PRESS

● **Muscles Targeted:** Deltoids, core, obliques

Doing a shoulder press while seated on the floor eliminates any momentum typically generated in a standing variation, and the forced neutral spine positioning exposes any shoulder mobility issues. ▮

Sit tall on the floor with your legs extended in front of you and spread shoulder-width apart. Hold a kettlebell in one hand at shoulder level, palm facing inward, and extend your other arm out to the side. Without twisting or leaning, drive the weight up to a full extension overhead. Lower it slowly and repeat. Do all reps on one side before switching.

● **TIP:** Aim to have your biceps beside your ear. If you can see your arm in your peripheral vision at extension, it's too far forward.

● **MAKE IT HARDER:** Bring your legs closer together, creating more trunk activation to keep your spine straight.

● **MAKE IT EASIER:** Perform sitting on a low step with your knees slightly bent.



If you have immobile hips, bend your knees slightly or sit on a low step so you can sit up tall with your spine straight.



□

BEAR DOG

● **Muscles Targeted:** Rectus abdominis, obliques, glutes, erector spinae, quadratus lumborum, lower trapezius

This variation on a traditional Bird Dog challenges your core to the max, requires intense focus and concentration, and gives your coordination a good workout, as well.

Start on all fours with your hands beneath your shoulders and your knees beneath your hips. Turn your toes under, then press down into the ground with your hands and your toes to raise your knees 2 to 3 inches off the floor, keeping your spine straight. Brace your core, then raise one arm and the opposite leg to full extension parallel to the floor. Hold for two seconds, then replace. Continue, alternating sides.

● **TIP:** Maintain stability by flexing your foot and actively pressing your heel toward the back wall while reaching your hand toward the front wall. Simultaneously imagine pulling your planted foot and hand toward each other to further stabilize your trunk.

● **MAKE IT HARDER:** Perform from a plank position, which challenges you further to maintain a neutral spine.

● **MAKE IT EASIER:** Perform a traditional Bird Dog with your hands and knees on the floor.

KETTLEBELL ANGLED PRESS

● **Muscles Targeted:** Lower trapezius, medial deltoids, erector spinae

This exercise helps preserve and/or develop good posture because it promotes trunk stability, activates the lower traps (which are often neglected) and strengthens the posterior chain.

Stand with your feet hip-width apart and hold a kettlebell with both hands at your chest, elbows down. Hinge forward at your hips about 45 degrees with your back straight and your shoulders retracted. Hold here as you slowly press the kettlebell upward and forward in line with your body until your arms reach full extension, then slowly pull it back to the start.

● **TIP:** Rest briefly and reset your position every couple of reps to prevent your form from breaking down.

● **MAKE IT HARDER:** Perform on a glute/hamstring developer (GHD) to incorporate more posterior-chain muscles.

● **MAKE IT EASIER:** Extend your arms toward the floor at the start, then lift the weight up in an arc to align with your head to reduce the time under tension.



□

PLATE TRANSFER PLANK

● **Muscles Targeted:** Rectus abdominis, obliques

Stabilizing your body in a plank while your arms move around underneath you might not seem like a challenge — until you try it yourself: All the muscles from your heels to your head have to engage in some way to make this exercise happen.

Pile three to four small weight plates (2.5 to 5 pounds) to your left side and get into plank with your elbows directly underneath your shoulders and your head, hips and heels aligned. Reach across with your right hand and take a plate from the pile, bringing it to the right side and placing it down. Repeat until all the plates have been moved, then switch arms and return them to the start to complete one rep.

● **TIP:** After each rep, plant your knees down for a few seconds and then return to plank and re-establish your form.

● **MAKE IT HARDER:** Move the plates farther away, creating a longer reach and demanding more of your core to resist extension and rotation.

● **MAKE IT EASIER:** Use fewer plates and place them closer to your body. 



The path of greatest resistance

Until recently, studies on the effects of high-intensity interval training have been limited to aerobic exercise. However, researchers from Western State Colorado University wanted to see if HIIT resistance exercise (HIIT-RE) could proffer the same benefits. Study participants were assigned to one of three groups: a control group that did no exercise, a HIIT-RE group or a group that performed moderate-intensity resistance exercise (MI-RE).

After six weeks, both the HIIT-RE and MI-RE groups reported decreased body fat and blood pressure, but the HIIT-RE group was shown to be as effective — and in some instances more effective — than MI-RE at improving metabolic health and muscular fitness — in half the time: The HIIT-RE group's workouts took half as long to complete, and in terms of one-rep max, the HIIT-RE group experienced significant gains in only three weeks, versus the six weeks it took for the MI-RE to achieve similar results. Furthermore, only the HIIT-RE group showed a significant decrease in cholesterol.

Wellness while you (don't)

From spiritual journeys and active escapes to weight-loss and health retreats, your next trip is the perfect opportunity to commit to your fitness goals or take them to the next level.

BY JILL SCHILDHOUSE

REMEMBER WHEN VACATIONS consisted of stuffing yourself silly with all-you-can eat buffets and sipping sugary umbrella drinks while parked poolside and when the most exercise you got was signaling your cabana boy for another round? Fortunately, couch-potato vacations are quickly becoming an outdated concept, and people are realizing their health goals need not take a back seat while traveling.

Activity-based trips are an awesome way to experience the world and stay on track with your goals. There are literally thousands of options to choose from based on your desired destination, amenities, activities, purpose and budget. Here are some of our top travel picks, chosen for their ability to put you in better touch with your mind, body and soul while also staying fit and healthy.





work

FITNESS AFLOAT

Blue World Voyages Cruise

blueworldvoyages.com/oxygen

Blue World Voyages is not your ordinary cruise, catering to those who value health and fitness.

When you think of a cruise, likely you picture overdone buffets laden with troughs of bacon, tacky ports of call and Hawaiian floral print as far as the eye can see. Well, get ready to rethink this impression because Blue World Voyages is redefining what it means to cruise. Blue World is the first cruise line that is 100 percent dedicated to an active, healthy clientele, and everything it does, from excursions to dining, caters to this demographic.

Sporty Specials

On Board

Blue World boasts an entire deck reserved for fitness, including a functional training center, yoga and Spinning studios, batting cages, and golf and soccer simulators so you can get your fit on any time of day. Once you've trained yourself silly, visit the spa deck and enjoy a luxury treatment or take a snooze alfresco in one of its Bali beds. Come mealtime, enjoy clean, wholesome food that is healthy, fresh and locally sourced whenever possible.

Ashore

Enjoy exciting on-land activities such as cycling, hiking, running and golf and water sports such as snorkeling, kayaking and kitesurfing. The laid-back traveler can enjoy more mindful activities such as yoga and meditation.

Bonus Benefits

- ▶ Each cruise features a once-in-a-lifetime "signature" event exclusive to your vacation that you're guaranteed to remember forever. (These are a surprise, so don't ask!)
- ▶ Blue World is a smaller, more intimate vessel and can take you to places other ships can't — pristine reefs, hidden waterfalls and small, unspoiled venues. The ship also has more spacious cabins with large bathrooms and walk-in closets — no sardine-like quarters here!
- ▶ The ship is eco-friendly and operates on the principles of sustainable tourism: All waste is recycled or disposed of properly, the food is sustainable and organic whenever possible, and it uses environmentally friendly cleaning products.

TROPICAL TRAVEL

Nevis, West Indies

fourseasons.com/nevis • goldenrocknevis.com

The tiny island of Nevis — most recently known as the birthplace of Alexander Hamilton — is a tranquil paradise free of traffic lights and fast-food chains. It is perfect for active travelers and offers everything from hiking, cycling and snorkeling to horseback riding, kayaking and scuba diving.

Sporty Specials

Events All Year

Swimmers should visit in March for the Nevis to St. Kitts Cross Channel 2.5-mile swim, runners should book a vacay in September to attend the Marathon and Running Festival, and chilly triathletes should travel south in November for the Nevis Triathlon on Oualie Beach.

Healthy Hotels

- ▶ The Golden Rock Inn sits on 100 acres by the Nevis Peak volcano. Swim laps in the freshwater pool, wander the gardens or hike the volcano.
- ▶ The Four Seasons Nevis offers an 18-hole golf course, yoga and Pilates classes, and a volcanic-stone, hot-water pool. It's also family-friendly with baby-sitting services and plenty of kids/teens activities.

Bonus Benefits

- ▶ Take in the nature of the tropics with a stroll around the Botanical Gardens. Hungry? Visit the onsite Oasis in the Gardens restaurant for an authentic Thai lunch and a refreshing Purple Rain mocktail.
- ▶ Immerse yourself in the therapeutic benefits of Nevis' volcanic hot springs at Bath Village.





“Sea” for Yourself!

Oxygen has recently partnered with Blue World Voyages for its inaugural season! The first cruise sets sail in May 2019, and the destination is a secret — for now! Visit blueworldvoyages.com/oxygen for upcoming details.





Oceanside
ohm is offered
daily at the
Manchebo
Beach Resort
& Spa.

ONE HAPPY — AND HEALTHY — ISLAND

Aruba, Caribbean

aruba.com • manchebo.com • hiltonaruba.com

Award-winning beaches? Check. Year-round 82-degree weather? Check. More sunny days than any other Caribbean island? Check. Simply put: Aruba is an active gal's dream come true.

Sporty Specials

Well-Aware

June is wellness month in Aruba, and the entire island celebrates a holistic approach to vacationing. Select hotels offer special packages tailored to wellness-related activities such as fitness classes, yoga sessions, cooking demonstrations and all sorts of water sports.

Healthy Hotels

- ▶ The Manchebo Beach Resort & Spa offers weeklong yoga retreats and daily yoga and Pilates classes, which are conducted beachside in two open-air shalas.
- ▶ The Hilton Aruba Caribbean Resort & Casino allows guests to choose their own wellness path and offers an array of activities, including kickboxing, water sports, tennis, *tai chi* and meditation.

Bonus Benefits

- ▶ There are plenty of direct flights to Aruba from major cities across the U.S., making it one of the most accessible islands in the Caribbean.
- ▶ Hotels participating in the One Happy Family package offer free accommodations and free breakfast for kids 12 and younger. Kids also can register for a VIK (Very Important Kid) passport, and by answering quizzes and puzzles, they will be entered to win a week's vacation for four — including airfare!

DESTINATION: DESERT

Sanctuary Camelback Mountain Resort and Spa

sanctuaryoncamelback.com

If sand and sea are not your jam, then this Scottsdale, Arizona, resort could be for you. Located on 53 private acres, the Sanctuary Camelback caters to everyone — from lovers to extreme athletes to golfers to spa-goers. Escape your daily to-do list while enjoying yoga, Pilates, private hiking and biking tours, tennis, personal training, nutrition consulting, healthy meals and spa treatments.

Sporty Specials

Triathlon Training

Triathletes will love spending three days training with high-level experts in the beautiful Sonoran Desert. Work directly with swim instructor and Olympic gold-medalist Misty Hyman, take a guided bike ride the next day, then wrap things up with a run with a fitness instructor.

Mindfulness Meditation Retreat

Offered twice a year, this four-day retreat allows guests of all levels and abilities to immerse themselves in meditation and mindfulness practices led by world-renowned instructor Sarah McLean. In addition, you'll be pampered with nourishing massage and body treatments, yoga and organic meals.

Bonus Benefits

- ▶ Don't miss Elements restaurant where you can enjoy meals prepared by Food Network star chef Beau MacMillan.
- ▶ The sparkling infinity-edge pool (complete with cabanas) is the perfect place to relax after a game of Zennis — a hybrid of yoga and tennis — and enjoy a Bento box lunch.

SPIRITUAL JOURNEY

Sedona, Arizona

visitsedona.com

If you're looking for a destination with healing energy vortices, exquisite scenery and a hippie vibe, then Sedona is calling your name. This laid-back town is nestled within a geologic wonderland of stunning red-rock formations and is a hub of art, nature, culture and spirituality.

Sporty Specials

Hiking and Biking

Devil's Bridge trail offers some of the most awe-inspiring views, as well as a natural sandstone arch, which you can actually walk across for some incredible selfies. For a faster-paced excursion, take a private mountain bike tour through the incredible landscape.

Spiritual Spas

- ▶ Mii Amo at the Enchantment Resort offers a full range of luxury treatments, Native American-inspired therapies, aura readings and past-life regression sessions.
- ▶ At the Gateway Cottage Wellness Center, you'll find reiki, shamanic sound healing, intuitive readings, LED light therapy and soul retrieval treatments.

Bonus Benefits

- ▶ The ChocolaTree Organic Oasis serves organic, gluten-free, seasonal ayurvedic and live foods, and its master chocolatiers offer an enormous selection of handmade, raw chocolates made from fair-trade ingredients.
- ▶ Gain a fresh perspective with a 15-minute helicopter ride from Guidance Air, where you'll soar past towering red-rock spires and landmarks such as Cathedral Rock and Snoopy Rock.

LASTING WEIGHT LOSS

Hilton Head Health (H3) Resort, South Carolina

hhhealth.com

Visit this resort and you'll come home with more than a souvenir — you'll have a comprehensive game plan for a healthier life. Since 1976, H3 has helped thousands of guests lose weight with custom fitness plans, nutritional workshops and gourmet cuisine. Come for as few as three days or as many as 21 plus, depending on your goals.

Sporty Specials

Active Offerings

- ▶ H3 provides bicycles and shuttles to the beach for early-morning and afternoon walks as well as beach yoga classes.
- ▶ The heated pool offers fitness classes for all levels, including hydro circuits, deep-water conditioning and aqua Tabata training.

Clean Eating

- ▶ At the 2 Chefs ... 2 Stations cooking demonstration, you'll watch a pair of pros open a box of common ingredients and learn how to create unique and healthy dishes.
- ▶ True restaurant offers multiethnic, locally sourced cuisine that tastes amazing and that can be prepared to suit any individual's dietary needs.

Bonus Benefits

- ▶ Your H3 wellness coach continues to guide and support you even after your visit with weekly phone calls, a monthly panel discussion and a private Facebook community.
- ▶ Check the H3 schedule of specialty programs and attend retreats that cater to a specific demographic or goal, such as emotional eating, golf and yoga, or reinventing your life after divorce.

MASTER MEDITATION

The Chopra Center, Omni La Costa Resort and Spa,

Carlsbad, California

chopra.com

Like they say, where the mind goes the body follows, and if your mental health is on track, so will your physical health improve. And what better way to experience mental rejuvenation than to attend a retreat given by the guru himself, Dr. Deepak Chopra. The Chopra Center offers a host of events with an integrative approach to total well-being through self-awareness and the practice of yoga, meditation and ayurveda.

Spiritual Specials

The Weekend Within

This three-day program introduces guests of all levels to primordial sound meditation. Center educators, special guests and Chopra himself walk you through various sessions, where you can explore your dosha (your mind/body type), participate in yoga, attend lectures and, of course, meditate.

Sacred Spa

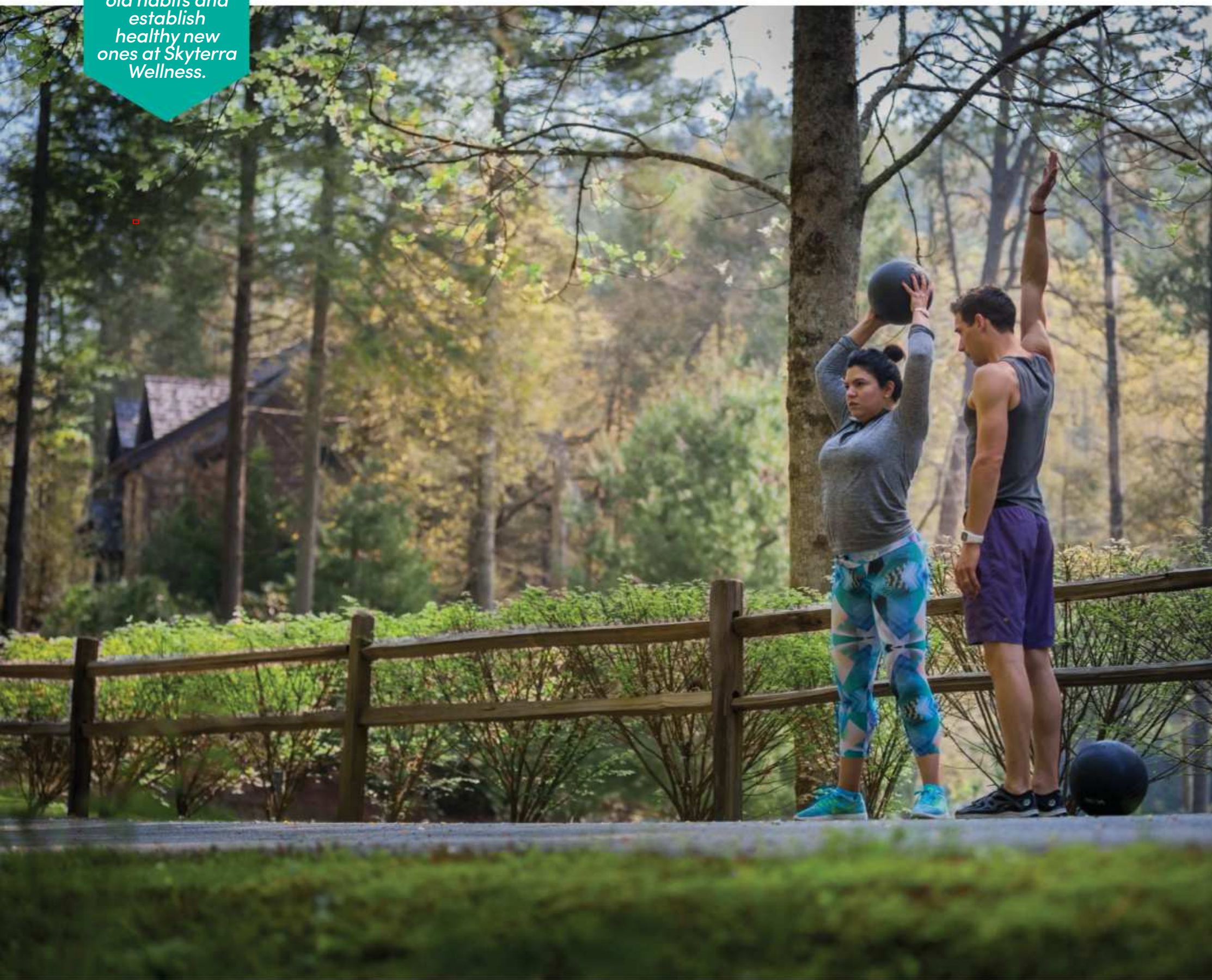
The Chopra Center Spa offers a host of ayurvedic treatments, such as a srota clearing treatment, sound therapy, breast massage and shirodhara — a treatment in which a soothing stream of warm oil is poured over the forehead and onto the sixth chakra, your intuitive energetic center.

Bonus Benefits

- ▶ Need a physical break from your mental training? Check out the Omni Resort's fitness classes, tennis lessons and championship golf courses. There's also a kid's club to keep the little ones busy.
- ▶ The Chopra Center serves healthy and balanced meals that meet ayurvedic guidelines, meaning they are vegetarian, include all six tastes (sweet, sour, salty, bitter, pungent and astringent), and include plenty of ancient grains and legumes.

JUST BECAUSE YOU'RE ON VACATION DOESN'T MEAN YOU HAVE TO GIVE UP YOUR HEALTHY GOALS! CHOOSE A RETREAT OR EXCURSION THAT SUITS YOUR GOALS, PERSONALITY AND LIFESTYLE. THERE'S ONE OUT THERE JUST FOR YOU!

Break
old habits and
establish
healthy new
ones at Skyterra
Wellness.



REDIRECTION RETREAT

Skyterra Wellness, North Carolina

skyterrawellness.com

Set aside life's obligations and invest in the powerful gift of self-care at this intimate, all-inclusive retreat. Located on 300 acres of private wooded property, Skyterra has a team of caring experts who will help you break old cycles and jump-start healthy habits.

Sporty Specials

DIY Fitness

Choose your own wellness activities each day such as fitness classes, yoga, meditation, stress management, cooking and outdoor recreation.

Be Outdoorsy

Satisfy your inner explorer by taking a waterfall hike, going stand-up paddleboarding or kayaking, or taking a fitness class in the screened-in "treehouse."

Bonus Benefits

- ▶ The resort maxes out at about 20 guests, so every visitor receives plenty of personal attention.
- ▶ Skyterra offers a stress-free transition back to reality by giving you educational materials, recipes, guided meditation and a fitness app to help you continue the healthy practices you learned in your daily life. **EN**



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Investigating
the myths
and truths
of extreme
temperature
workouts.

By Jenna Autuori Dedic

Intemperate FITNESS

First there was hot yoga, with proponents swearing by the purifying, energy-boosting effects of the heat. Now there are cold-temperature studios that claim that a chilly environment is the perfect way to boost calorie burn. Hot or cold, indoors or out, one thing is for certain: When it comes to exercise, people love to go to the extreme. But how truthful are these calorie-blasting claims, and are the benefits of being so radical really worth sweating/freezing your a— off? Read on to find out.



CLAIM: *Extreme heat gives you a better workout.*

Verdict: **FALSE.** Your heart rate may run higher in warmer temperatures, but if the workout intensity is the same, your oxygen consumption — and therefore your calorie burn — will remain the same, according to the *Journal of Exercise Science & Fitness*. “For every liter of oxygen consumed, you burn 5 calories, regardless of your heart rate,” says Michele Olson, Ph.D., professor of exercise science at Auburn University in Montgomery, Alabama. Simply put, if you increase your intensity, you’ll boost your burn, no matter what the temperature.

Furthermore, in extreme heat, an elevated heart rate is not always a good thing. “You lose more blood plasma from sweating, meaning you have less blood to go around,” Olson adds. “Your heart rate is forced to increase to distribute it properly.” This result is simply dehydration and has to do with blood volume, not exertion, and does not directly affect your calorie burn.

CLAIM: *Heat improves exercise performance.*

Verdict: **TRUE.** But only if you’re used to it. Over time, as you acclimate to a higher temperature, your blood plasma volume increases. “That means that in hot weather, you’ll have more blood going to your heart and more blood going to your skin to cool itself,” says Douglas Casa, Ph.D., kinesiology professor at the University of Connecticut and the chief executive officer of the university’s Korey Stringer Institute. But this does not mean that you can take hot yoga twice a week and be acclimated to 100-degree temps. It takes about seven to 10 days of continual exposure for acclimatization to take hold, according to Casa, so to take advantage of this adaptation, spend some time beforehand training in the conditions you expect to experience during your event.

CLAIM: *Sweating outside on a cold day makes you sick.*

Verdict: **FALSE.** Exercise generates a considerable amount of heat and can cause you to sweat even when it’s cold outside. As the sweat dries, you might feel chilled, but it does not mean you’re sick. “The incidence of colds rises during the fall and winter seasons, which is why people assume the temperature and wetness from sweating influences the increased susceptibility to a cold,” Olson says. However,

temperature does not make you sick — viruses make you sick — and the cold virus spreads when people are in close contact indoors for months on end, regardless of what the thermostat says or how much you sweat and where. So don’t be scared to sweat in the winter, and by all means, maintain your workout intensity — just dress more appropriately for the season. Layer your workout clothing so that your innermost layer is a moisture-wicking, synthetic fabric. Top that with a fleece jacket or shirt to hold in the warmth, then finally a wind-resistant/waterproof outer shell to protect you from the elements

CLAIM: *You burn more calories training in cold temps.*

Verdict: **TRUE.** Research has shown that repeated exposure to cold temperatures can actually change the structure of mitochondria and can help convert inert white fat cells to calorie-burning beige fat cells. “Therefore, we know that fat tissues can become more metabolically active under cold conditions,” Olson explains. Furthermore, exercising in cooler temps can result in a calorie-burning boost as your body reacts to the cold by burning fat as fuel to stay warm.

Take advantage of this adaptation and train outside in the cold, or dial down the thermostat when exercising indoors like they do at Brrrn, a boutique studio in New York City: For its yoga, mobility and strength classes, the temp hovers around 60 degrees, the cardio classes dip down to 55 degrees and the high-intensity interval training classes chill off at 45 degrees.

CLAIM: *Joint pain is exacerbated by cold weather.*

Verdict: **FALSE.** Some joint pain can be blamed on a drop in barometric pressure, which causes tissues in joints to swell and press against nerves. However, there is no evidence that the cold itself is at all culpable. “There is no cause and effect between cold weather and joint pain,” Casa says. Any joint or ligament will feel stiff and immobile when it’s cold, no matter if you’re training inside or out. Prevent possible aches and pains by doing a longer warm-up — up to twice as long as normal — before exercising in the cold. Getting the blood flowing to these creaky areas for a longer duration will help grease your wheels. 🛠️

COOK ONCE & BE MERRY

Take a pre-emptive strike
against dietary meltdown with
these batch-cooking strategies.

By Matthew Kadey, MS, RD

It's not easy to stick to a healthy program during the holidays, especially with the never-ending social commitments that detract from your food prep time and threaten your nutritional resolve. Batch cooking is your timesaving secret weapon to protect you from seasonal temptations and feed you all week long without waistline regret. These recipes can be portioned out in and of themselves to be reused throughout the week, or you can use the Repast Replay suggestions to breathe new life into leftovers.





BIG BATCH ▶

**ROASTED CHICKEN
+ QUINOA**

MAKES 6 Servings
HANDS-ON TIME: 20 Minutes
COOK TIME: 60 to 90 Minutes

Yes, you could revert to supermarket rotisserie chicken for a quick hit of lean protein, but what’s the fun in that? Cooking a whole chicken is much easier than you think, and it gives you a bounty of juicy meat to use for several easy-breezy meals. While your bird is roasting in the oven, whip up a big pot of quinoa as a healthy side that offers plenty of protein and heart-healthy fiber.

- INGREDIENTS**
- 1 (4–6 lb) whole chicken**
 - 1 whole garlic head**
 - ½ lemon, quartered**
 - 5 fresh thyme or rosemary sprigs**
 - 2 cups quinoa**
 - 4 cups low-sodium vegetable broth**
 - salt and pepper, to taste**
 - oil, for brushing**

- DIRECTIONS**
- 1.** Preheat oven to 425 F. Remove package of innards from chicken cavity (if present) and discard or set aside for gravy. Rinse chicken and pat dry, then brush oil over skin. Loosen skin from breast and drumsticks by inserting fingers gently between skin and meat. Season flesh under loosened skin with salt and pepper.
 - 2.** Remove white papery covering from garlic and slice in half crosswise. Stuff garlic, lemons and herbs into chicken cavity. Transfer chicken to a heavy-duty

baking sheet or cast-iron skillet, cross legs and tie with kitchen twine. Roast about 15 minutes per pound, or until an instant-read thermometer registers 160 F when inserted in the thickest part of the thigh. (Avoid touching the bone.) Cover chicken with aluminum foil during cooking if your kitchen becomes smoky. Remove and let rest at least 10 minutes before carving.

3. While chicken cooks, place quinoa and vegetable broth in a large saucepan. Bring to a boil, reduce heat to medium-low and cover, simmering until quinoa is tender and liquid has absorbed, about 12 minutes. Remove from heat and let rest, covered, 10 minutes, then fluff with a fork. Spread quinoa on a rimmed baking sheet to cool and dry.

Nutrition Facts (per serving = without skin): calories 435, fat 12 g, carbs 38 g, fiber 4 g, sugar 1 g, protein 40 g, sodium 386 mg





Repast Replay ▶

CHICKEN QUINOA SOUP

MAKES 4 Servings

DIRECTIONS

Heat 2 teaspoons oil in a large saucepan over medium heat. Add 1 chopped onion, 2 chopped carrots and ½ teaspoon salt, and cook until tender. Add 2 sliced celery stalks, 2 cups sliced cremini mushrooms and 2 minced garlic cloves; cook 3 minutes more. Add 2 tablespoons tomato paste, 2 teaspoons Italian seasoning, ¼ teaspoon red pepper flakes and ¼ teaspoon black pepper; heat 30 seconds. Add 5 cups chicken broth and simmer 10 minutes. Stir in 2 cups sliced roasted chicken and 2 cups cooked quinoa and heat through.

Nutrition Facts (per serving): calories 314, fat 8 g, carbs 31 g, fiber 5 g, sugar 5 g, protein 30 g, sodium 283 mg

CHICKEN QUINOA SHAWARMA BOWLS

MAKES 1 Serving

DIRECTIONS

Place ¾ cup cooked quinoa in a large serving bowl. Top with 1 cup baby spinach, ½ cup sliced roasted chicken, ⅓ cup canned chickpeas, ½ cup chopped cucumbers, ½ cup halved cherry tomatoes and 1 sliced scallion. In another bowl, stir together ⅓ cup plain yogurt, 2 teaspoons tahini, 1 tablespoon fresh lemon juice, 1 teaspoon olive oil, ½ teaspoon paprika and pinch salt. Top chicken and quinoa with yogurt mixture and couple of tablespoons fresh chopped parsley.

Nutrition Facts: calories 579, fat 17 g, carbs 60 g, fiber 11 g, sugar 9 g, protein 40 g, sodium 395 mg

Frozen Assets

Different zones of your freezer cool things at different rates: Things on the shelves cool more slowly and things on the very bottom more quickly. When freezing leftovers of chili and soups, place the storage containers directly on the freezer bottom (not the shelf) to increase the speed at which the heat is removed and to prevent the formation of large ice crystals that pierce the cell structure of the food, which can ruin its texture.

Also, remember that high-moisture items like stew expand up to 10 percent when they freeze, so leave some space between the top of the food and the lid of the container.

BIG BATCH ▶

PUMPKIN TURKEY CHILI

MAKES 8 Servings
HANDS-ON TIME: 30 Minutes
COOK TIME: 35 Minutes

A big pot of chili is the perfect batch-cooking project because everything is prepared in one pot (less cleanup!) This version includes pumpkin puree for a touch of sweetness, beans for fiber and ground turkey for plenty of muscle-building protein.

INGREDIENTS

- 1 **tblsp canola or grapeseed oil**
- 1 **large yellow onion, chopped**
- ½ **tsp salt**
- 2 **red bell peppers, chopped**
- 2 **medium zucchini, chopped**
- 2 **lb lean ground turkey**
- 4 **cloves garlic, minced**
- 2 **(14.5-oz) cans diced tomatoes**
- 1 **cup low-sodium chicken broth**
- 1 **(15-oz) can pure pumpkin puree**
- 2 **chipotle chili peppers in adobo sauce**
- 2 **tsp smoked paprika**
- 2 **tsp dried oregano**
- 1 **tsp ground cumin**
- ½ **tsp cinnamon**
- ½ **tsp black pepper**
- 1 **(14-oz) can black beans, rinsed and drained**
- 1 **(14-oz) can pinto beans, rinsed and drained**
- 2 **cups frozen corn kernels**

DIRECTIONS

1. Heat oil in a large, heavy-bottomed pan over medium heat. Saute onions and salt until softened, about 5 minutes. Add peppers, zucchini and garlic to pan and cook until vegetables are tender. Stir in turkey and cook until meat is browned.
2. Place 1 can tomatoes, broth, pumpkin, chipotle chili peppers and spices in a blender container and blend until smooth. Add blended mixture to pan along with remaining can of tomatoes. Bring to a boil, then reduce heat and simmer 20 minutes. Stir in beans and corn and heat through.

Nutrition Facts (per serving): calories 334, fat 4 g, carbs 40 g, fiber 10 g, sugar 8 g, protein 36 g, sodium 445 mg

Repast Replay ▶

CHILI TACOS

MAKES 1 Serving

DIRECTIONS

In a blender container, add ¼ avocado, ¼ cup sour cream, juice of ½ lime and pinch salt and blend until smooth. Heat 2 corn tortillas in the microwave. Top each tortilla with ⅓ cup reheated pumpkin turkey chili. Divide avocado cream between tacos, then sprinkle with 1 tablespoon pumpkin seeds and fresh cilantro (to taste).

Nutrition Facts: calories 502, fat 17 g, carbs 56 g, fiber 9 g, sugar 8 g, protein 32 g, sodium 425 mg

LOADED SWEET POTATO

MAKES 1 Serving

DIRECTIONS

Preheat oven to 425 F. Prick medium sweet potato with a fork several times and bake until tender, about 40 minutes. Slice ¼ inch off top of sweet potato and scoop flesh into a bowl. Mix flesh with 1 cup reheated pumpkin turkey chili. Spoon mixture back into potato shell and top with ¼ cup Greek yogurt or sour cream and some chopped chives.

Nutrition Facts: calories 460, fat 5 g, carbs 40 g, fiber 8 g, sugar 10 g, protein 25 g, sodium 290 mg

TIP When reheating chili leftovers, add a thin layer of water or broth to the bottom of a large skillet, bring to a simmer and then add chili. The liquid and wide surface of the skillet will reduce burning and cut down on reheating time.

BIG BATCH ▶

BROCCOLI FRITTATA

MAKES 6 Servings
HANDS-ON TIME: 25 Minutes
COOK TIME: 20 Minutes

As long as you have some eggs and some staple veggies in your fridge, you can turn out a healthy dish in less time than it takes you to scroll through your Instagram feed. This frittata holds up well for several days when refrigerated, and a wedge will work wonders for any meal. Eat leftovers at room temperature or nuke slices at low heat (covered, around power level 5) for roughly a minute, or cover a wedge in foil and heat in the oven at 300 F until warmed through, about 15 minutes.

INGREDIENTS

- 6 **large eggs**
- 2 **large egg whites**
- ⅓ **cup milk**
- 1 **cup grated cheddar cheese**
- 1 **tblsp fresh thyme**
- ½ **tsp salt**
- ¼ **tsp black pepper**
- 1 **tblsp canola or grapeseed oil**
- 3 **cups broccoli florets, chopped**
- ½ **cup broccoli stalks, thinly sliced, tough outer skin removed**
- 2 **cups cremini mushrooms, sliced**

1. Preheat oven to 400 F. In a large bowl, whisk together eggs and milk. Stir in cheese, thyme, salt and black pepper.
2. Heat oil in a 10-inch ovenproof skillet over medium heat. Add broccoli florets, broccoli stems and mushrooms; cook 5 minutes. Carefully pour in egg mixture and cook 3 minutes without stirring.
3. Transfer skillet to oven and bake 12 minutes, or until a knife inserted into the center leaves a clean cut and liquid does not fill the cut. Use a thin spatula to loosen frittata from skillet and let cool on a wire rack. Slice into wedges or cubes.

Nutrition Facts (per serving): calories 211, fat 14 g, carbs 8 g, fiber 1 g, sugar 3 g, protein 16 g, sodium 222 mg



Repast Replay ▶

FRITTATA SANDWICH

MAKES 1 Serving

DIRECTIONS

Place ½ cup Greek yogurt or sour cream, ¾ cup jarred roasted red peppers, ⅓ cup marinated sun-dried tomatoes and juice of ½ lemon in a blender container and blend until smooth. To assemble sandwich, add 2 tablespoons of this spread (save the rest in the fridge for later) to two slices of toasted whole-grain bread. Sandwich one frittata wedge between bread slices and cut in half.

Nutrition Facts: calories 457, fat 19 g, carbs 46 g, fiber 8 g, sugar 7 g, protein 28 g, sodium 673 mg

FRITTATA SALAD

MAKES 1 Serving

DIRECTIONS

Place 1 cup farro and 3 cups water in a medium-size saucepan. Bring to a boil, then reduce heat to low and simmer, covered, 30 minutes, or until grains are tender. Drain well. Place 2 cups baby spinach, ½ cup cooked farro (save the rest for future meals), ½ cup halved grape tomatoes and ½ cup sliced yellow or orange bell peppers on a serving plate. Drizzle with 2 teaspoons olive oil and 2 teaspoons balsamic vinegar. Top with five 2-inch-square chunks of frittata.

Nutrition Facts: calories 414, fat 22 g, carbs 36 g, fiber 8 g, sugar 7 g, protein 18 g, sodium 320 mg

Meals on Wheels

Take your meals with you on the go with these meal-prep must-haves:

▶ **Food Flask**

Soups and chili are tasty antidotes to the lunchtime doldrums. Heat them up upon waking, then transport to work in this stainless-steel insulated thermos, which keeps food piping hot for hours. Containers are BPA- and phthalate-free and come with a lifetime warranty. \$35 (18-ounce flask), hydroflask.com

▶ **Beeswax Food Wraps**

Transport your sandwiches and snacks without the eco-guilt of plastic baggies. These planet-friendly wraps are crafted from a mix of beeswax, hemp and organic cotton. They are designed to be reusable, self-adhesive and malleable. \$18 (3 wraps), abeego.com

▶ **3-Compartment Food Containers**

Pre-portion entire meals in these bento-style reusable containers to stay well-fed throughout the week. They are reusable, microwave- and dishwasher-safe, and BPA-free, and they are designed to stack neatly in your fridge or freezer. prices vary, amazon.com

BIG BATCH ▶

PASTA + STEAK

HANDS-ON TIME: 15 Minutes

COOK TIME: 10 Minutes

Once you've prepared these two items, you are only moments away from a ready-to-go meal. Not a fan of steak? Replace it with an equal weight of pork tenderloin: Slice pork into ½-inch rounds and cook in an oiled skillet over medium-high heat until browned on the outside and only slightly pink on the inside, about 5 minutes.

INGREDIENTS

1 lb whole-grain penne or rotini pasta

2 lb sirloin steak

**1 tbsp canola or grapeseed oil
salt and pepper, to taste**

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add pasta and cook until just al dente. Drain well and cool to room temperature. Store in the refrigerator in an airtight container for up to 5 days.
2. Rub steak with salt and black pepper. Heat oil in a skillet over medium-high heat. Place steak in pan and cook about 8 minutes (for medium-rare), flipping steak every minute or so during cooking. Remove and let rest 10 minutes, then thinly slice. Store in the refrigerator in an airtight container for up to 5 days.

Repast Replay ▶

PASTA STEAK SALAD

MAKES 1 Serving

DIRECTIONS

Place 2 cups baby kale on a serving plate. Top with 1 cup cooked pasta, 1 cup sliced steak, ¼ cup sliced red onions and ½ cup halved cherry tomatoes. Whisk together 1 tablespoon pesto, 2 teaspoons olive oil and 1 tablespoon red wine vinegar. Drizzle

dressing over salad and scatter with 1 tablespoon chopped walnuts.

Nutrition Facts: calories 596, fat 27 g, carbs 55 g, fiber 11 g, sugar 3 g, protein 39 g, sodium 200 mg

PASTA STEAK FAJITA

MAKES 4 Servings

DIRECTIONS

Heat 2 teaspoons canola or grapeseed oil in a large skillet over medium heat. Add 1 small sliced red onion, 1 sliced red bell pepper, 1 sliced orange bell pepper and 1 medium zucchini (cut into matchsticks) to pan and cook until crisp-tender, about 2 minutes. Add 1 tablespoon fajita seasoning and cook 30 seconds. Add 2 cups sliced cooked steak, 2 cups cooked pasta and 1 cup jarred salsa to pan and heat 2 minutes. Serve topped with cubed avocado and cilantro.

Nutrition Facts (per serving): calories 350, fat 16 g, carbs 34 g, fiber 10 g, sugar 7 g, protein 23 g, sodium 334 mg

Bug off

To prevent harmful bacteria from growing on your batch-cooked meat, move items into your refrigerator shortly after preparing — even if they are still hot. Shallow, airtight glass containers allow foods to cool more quickly and reduce air exposure, limiting bacterial growth and preventing potential off-flavors from developing.

BIG BONUS BATCH ▶

SWEET POTATO-PECAN ENERGY BALLS

MAKES 8 Servings (1 serving = 2 balls)

HANDS-ON TIME: 20 Minutes

COOK TIME: 10 Minutes

The holidays are saturated with edible hazards; take the edge off your hunger with this waistline-wise treat. These energy balls are easily portable and could be the answer to surviving the season minus the weight creep. Want a bit more protein? Blend in a couple of scoops of plain or vanilla protein powder.

INGREDIENTS

1 medium sweet potato, peeled and chopped

1 cup pecans

¾ cup rolled oats

½ cup pitted dates

2 tbsp ground flaxseed

¼ cup honey

zest of 1 orange

1 tsp cinnamon

⅓ cup dried shredded coconut

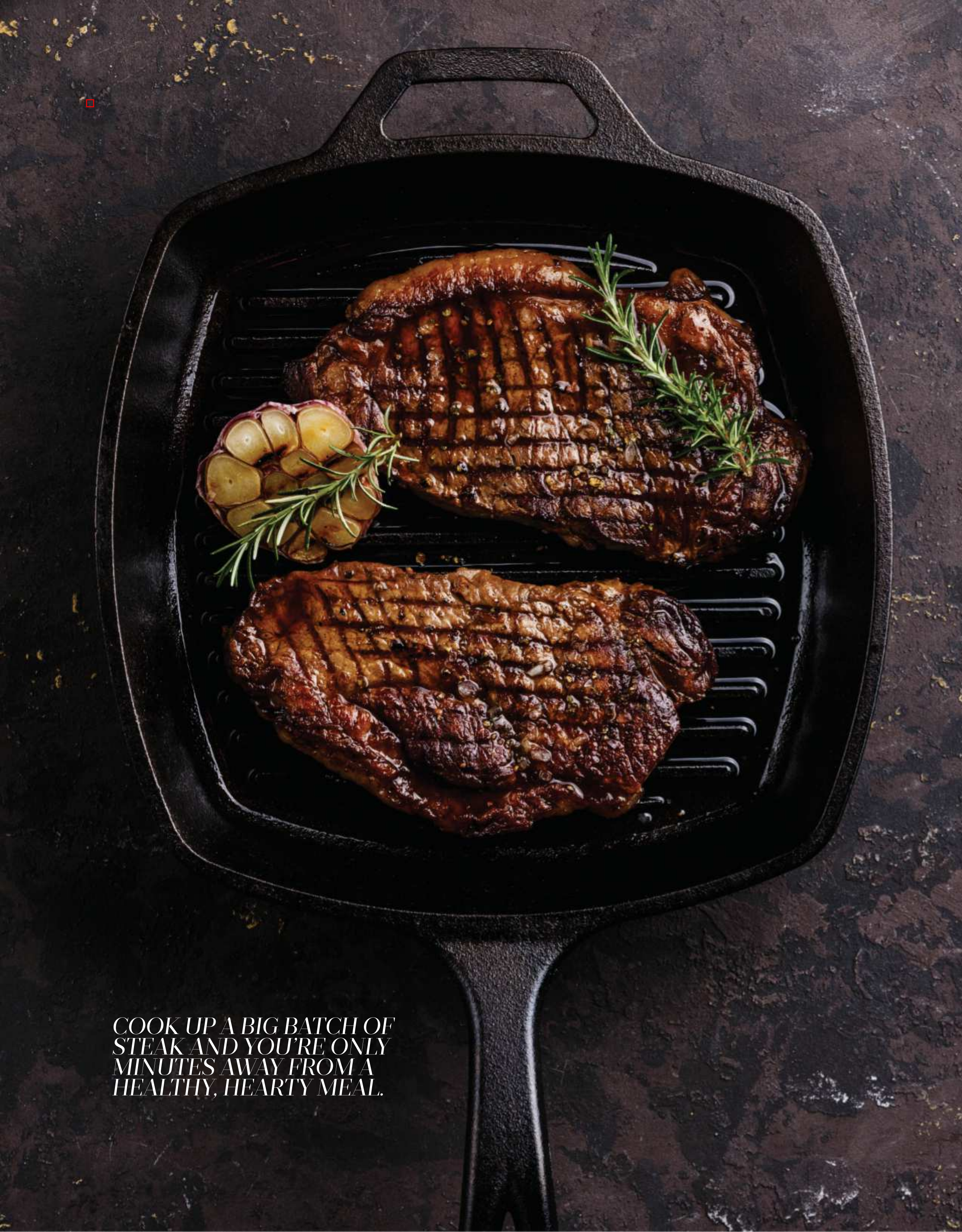
several pinches salt

DIRECTIONS

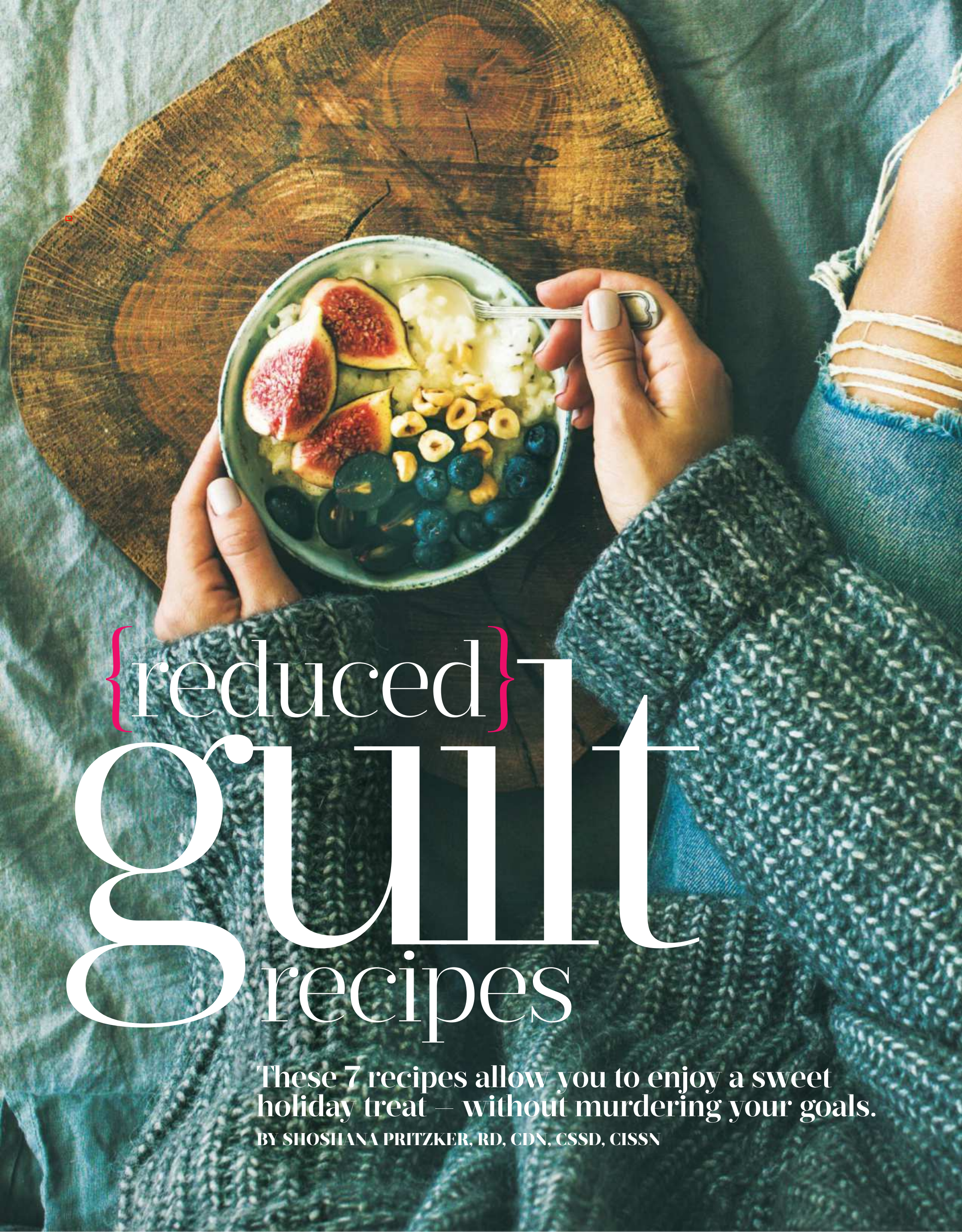
1. Add sweet potatoes to a steamer basket and then place in a pot with 1 inch of water. Bring water to a boil and steam until sweet potatoes are fork-tender, about 10 minutes. Remove from basket and set aside to cool.
2. Place pecans and oats in a food processor container and process until finely chopped. Add sweet potatoes, dates, flaxseed, honey, orange zest, cinnamon and couple of pinches salt and blend until mixture clumps together.
3. Using damp hands, form mixture into 1-inch balls (makes about 16 balls). Spread coconut on a plate. Roll balls in coconut and chill in the refrigerator until firm. Keep chilled for up to 1 week.

Nutrition Facts (per serving = 2 balls):

calories 220, fat 13 g, carbs 27 g, fiber 4 g, sugar 16 g, protein 3 g, sodium 48 mg



COOK UP A BIG BATCH OF
STEAK AND YOU'RE ONLY
MINUTES AWAY FROM A
HEALTHY, HEARTY MEAL.

A top-down photograph of a person's hands holding a small, light green ceramic bowl filled with a healthy meal. The meal consists of white yogurt, sliced figs, blueberries, and banana chips. The bowl is held over a rustic, circular wooden cutting board. The person is wearing a dark green, textured knit sweater and blue jeans with a white patch on the knee. The background is a soft, out-of-focus green fabric.

{reduced} gut recipes

These 7 recipes allow you to enjoy a sweet holiday treat — without murdering your goals.

BY SHOSHANA PRITZKER, RD, CDN, CSSD, CISSN



THE HOLIDAY SEASON sneaks up fast, and before you know it, we've gone from fruity smoothies to pumpkin spice everything to green-and-red goodies galore. But don't resign yourself to the inevitable holiday weight gain — instead, use these recipes to stay mostly within your healthy eating program (it is the holidays after all!) and enjoy some reduced-guilt holiday cheer.

Though some recipes contain some less-healthy ingredients (e.g., butter), the quantities are minimal and are overshadowed by benefits from items like nuts, seeds, berries and omegas. What's more, the grams of sugar per serving is in the single digits, the carbs are less than 16 grams and each recipe is 270 calories or less per serving. So go on — have your cake, then have some more cake!

Color Key

Following a particular diet regimen? Use this color-coded key to determine which recipes adhere to your particular nutritional guidelines

BONUS: All these recipes fall into more than one category.

- P** Paleo
- K** Ketogenic
- W** Whole30
- G** Gluten-free
- N** No sugar added
- L** Low-carb
- M** Mediterranean
- D** Dairy-free
- V** Vegetarian
- V** Vegan

PISTACHIO POMEGRANATE DARK CHOCOLATE BARK

MAKES 8 SERVINGS

P K W G N L D V V

INGREDIENTS

- 1/3 cup shelled pistachio nuts
- 3/4 cup pitted dates
- 3/4 cup melted coconut oil
- 1/3 cup unsweetened dark cocoa powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/3 cup pomegranate seeds

DIRECTIONS

1. Add dates to a medium bowl and cover with boiling water. Soak 10 minutes.
2. Drain dates and place in a food processor or blender container. Add coconut oil, salt, vanilla extract and cocoa powder and process until smooth.
3. In a large bowl, combine date mixture with nuts and pomegranate seeds.
4. Spread mixture over a parchment-paper-lined baking sheet and freeze to set, about 4 hours. Once set, chop into bite-size pieces. Store in the fridge.

Nutrition Facts (per serving = 1/4 cup):
calories 270, fat 24 g, protein 2 g, sodium 74 mg, carbs 16 g, fiber 3 g, sugar 9 g

Pistachios, dates and pomegranate seeds are rich in fiber, making this treat a super-satisfying finale for any holiday meal.

MIXED BERRY SORBET

MAKES 4 SERVINGS

K G N L M V

INGREDIENTS

- 1 (5.3-oz) container plain whole-milk Greek yogurt
- 2 cups frozen mixed berries
- 4 tbsp milk of choice (more if needed)
- 3/4 tsp vanilla extract

DIRECTIONS

1. Add yogurt, berries and vanilla to a blender cup.
2. Add milk 1 tablespoon at a time, pulsing each time until well-combined. Continue until mixture is thick and creamy. Serve immediately or store in the freezer for later.

Nutrition Facts (per serving = 2/3 cup):
calories 93, fat 3 g, protein 6 g, sodium 209 mg, carbs 12 g, fiber 2 g, sugar 9 g

MAPLE-WALNUT CHOCOLATE TRUFFLES

MAKES 15 CHOCOLATES*

P K G L M V V

INGREDIENTS

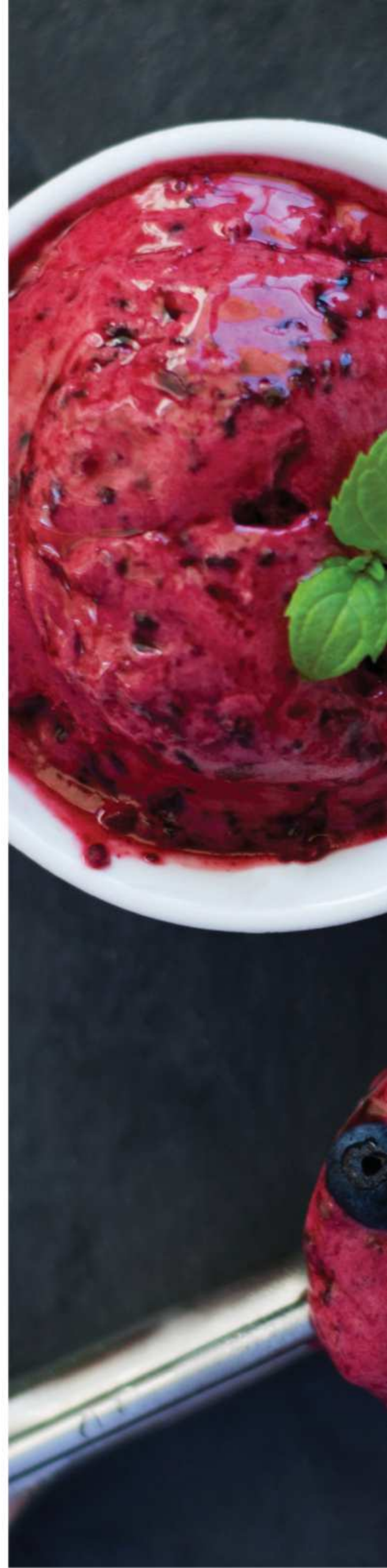
- 1/4 cup cacao butter
- 1/4 cup unsweetened dark cocoa powder
- 2 tbsp maple syrup
- 1/4 tsp vanilla extract
- 1 tbsp raw walnut pieces

DIRECTIONS

1. Melt cacao butter over medium heat in a small saucepan.
2. Remove from heat and stir in maple syrup and vanilla extract. Then mix in cocoa powder.
3. Pour mixture into silicon molds or cups. Place a few walnut pieces in the center of each chocolate. Allow to cool, then place in the freezer or fridge to set.

Nutrition Facts (per serving = 1 chocolate):
calories 46, fat 4 g, protein 0 g, sodium 1 mg, carbs 3 g, fiber 0 g, sugar 1 g

*Number of candies may vary according to the mold.





Berries are the perfect sweet treat, curbing cravings with a healthy dose of fiber while also providing plenty of antioxidants and flu-fighting nutrients such as vitamin C to boost immunity.

Smart Swaps

Flip your fave holiday recipe on its head by trading some questionably healthy ingredients for more goal-friendly ones.

1. Mix 1 tablespoon flaxseed meal with 3 tablespoons water in place of one whole egg. This makes a recipe vegan-friendly and adds a boost of fiber and omega-3 fatty acids. Works well in muffins, cakes and breads.

2. Swap regular butter and oil for your favorite nut butter (in the same quantity) to ramp up the healthy fats and dial down the trans and saturated fats. Try this in cookies, cakes, muffins and sweet breads.

3. Use plain, nonfat Greek yogurt in place of sour cream to slash calories and fat while increasing protein. Think: coffee cakes and cupcakes.

4. Try almond flour and coconut flour in place of white or wheat flour to go gluten-free, increase fiber and slash carbs. Great for breads, cookies, pastries and crusts.

5. Blend pitted dates or ripe bananas into batters to add sweetness and fiber without the added sugar. Try this in cakes, cookies, breads and brownies.



CHEWY GRAIN-FREE GINGERBREAD GRANOLA

MAKES 20 SERVINGS



INGREDIENTS

- ½ cup raw almonds
- ½ cup raw pecans
- ½ cup raw hazelnuts
- ⅓ cup raw pepitas/pumpkin seeds
- ⅓ cup raw sunflower seeds
- ½ cup unsweetened shredded coconut
- ¼ cup ground flaxseed meal
- ¼ cup coconut oil
- ⅓ cup maple syrup
- 2 tbsp molasses
- ¼ tsp sea salt
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ⅛ tsp ground cloves
- ½ tsp vanilla extract

DIRECTIONS

1. Preheat oven to 275 F.
2. In a food processor or blender, pulse almonds, pecans, coconut and hazelnuts into small pieces. Do not over-blend.
3. Heat coconut oil, maple syrup, molasses, spices and salt over medium heat in a large saucepan, 3 to 5 minutes. Remove from heat and stir in vanilla.
4. Place processed nuts in a large bowl and pour warm coconut oil mixture over top. Add pumpkin seeds, sunflower seeds and flaxseed meal and stir to combine.
5. Spread mixture evenly on a baking sheet lined with parchment paper.
6. Bake 20 to 25 minutes, or until lightly browned. Remove from oven and allow to cool and harden.

Nutrition Facts (per serving = 2 tablespoons): calories 159, fat 14 g, protein 3 g, sodium 33 mg, carbs 9 g, fiber 2 g, sugar 5 g

CRANBERRY WALNUT BISCOTTI

MAKES 24 COOKIES



INGREDIENTS

- 2 cups whole-wheat all-purpose flour*
- ⅓ cup granulated sugar
- ⅓ cup packed brown sugar
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 2 egg whites, room temperature
- 1 whole egg, room temperature
- 3 tbsp butter, room temperature
- ¼ cup dried cranberries
- ¼ cup chopped walnuts
- 1 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350 F and line a baking sheet with parchment paper.
2. Combine flour, sugar, baking soda, baking powder and salt in a bowl. Add eggs, vanilla and butter and mix with a stand or hand mixer on medium, 1 minute.
3. Stir in cranberries and walnuts by hand until well-combined.
4. Form dough into 2 long, flat logs and place on baking sheet. Bake 25 to 30 minutes, or until slightly browned and firm. Remove from oven and allow to cool, 10 minutes.
5. Cut logs into ¼-inch slices to make cookies. Arrange cookies on 2 baking sheets and return to oven. Bake another 12 to 14 minutes, or until lightly toasted. Allow to cool before storing in an airtight container.

Nutrition Facts (per serving = 1 cookie): calories 85, fat 3 g, protein 2 g, sodium 103 mg, carbs 14 g, fiber 1 g, sugar 7 g

*Use gluten-free oats and flour to make this — and other recipes — gluten-free!



APPLE-WALNUT CRISP

MAKES 12 SERVINGS

G L M D V V

INGREDIENTS

- 4 cups** Granny Smith apples, cored, peeled and diced
- 1 cup** walnuts, chopped
- ¾ cup** rolled oats
- ¼ cup** whole-wheat all-purpose flour*
- 2 tbsp** brown sugar
- 1 tbsp** granulated sugar
- 2 tbsp** melted butter or coconut oil
- 3 tbsp** butter diced into small pats
- 1 tbsp** cornstarch
- 2 tsp** lemon juice
- 1 tsp** ground cinnamon
- ¼ tsp** salt

DIRECTIONS

1. Preheat oven to 350 F. Coat a 9-inch-by-13-inch baking dish with nonstick cooking spray and set aside.
2. To make the crisp topping, combine oats, flour, brown sugar,

sugar, melted butter, lemon juice, cinnamon and salt in a bowl. Set aside.
3. Toss apples in cornstarch and spread evenly in baking dish. Top with walnuts and crisp topping. Spread butter pats evenly on the very top.
4. Bake 40 to 45 minutes, or until apples are fork-tender and topping is lightly browned. Allow to cool before serving.

Nutrition Facts (per serving = ½ cup): calories 167, fat 12 g, protein 3 g, sodium 87 mg, carbs 15 g, fiber 2 g, sugar 7g

CHOCOLATE-COVERED FUDGE BROWNIES

MAKES 15 SERVINGS

P K G L M V V

BROWNIE INGREDIENTS

- ½ cup** sweet potato, mashed
- ½ cup** chocolate protein powder of choice
- ½ cup** smooth nut butter of choice
- ¼ cup** unsweetened dark cocoa powder

TOPPING INGREDIENTS

- ¼ cup** cacao butter nibs or chips
- ¼ cup** unsweetened dark chocolate cocoa powder
- 2 tbsp** maple syrup

DIRECTIONS

1. Preheat oven to 350 F. Line a loaf pan with parchment paper or coat with nonstick cooking spray. Set aside.
2. In a blender or food processor, combine brownie ingredients until smooth. Should form a thick batter.
3. Pour batter into loaf pan and bake 30 minutes, or until a toothpick inserted into the center comes out clean. Note: The brownies won't rise much. Allow to cool completely in pan.
4. Once brownies are cool, combine all topping ingredients in a small saucepan over medium heat.
5. Immediately pour melted chocolate over brownies. Place in the fridge to set, then cut into 9 squares. Store in fridge or freezer.

Nutrition Facts (per serving = 1 brownie): calories 128, fat 8 g, protein 8 g, sodium 31 mg, carbs 6 g, fiber 2 g, sugar 2 g

◻ kitchen play

Use these “forgotten” cooking methods to whip up healthy, satisfying meals — in less time.

most of us cook on *autopilot* — sizzle a chicken breast in a skillet or bake a hunk of salmon in the oven and call it a day. These tried-and-true cooking methods get the job done for sure, but there are actually faster, tastier and more nutritious ways to prepare your meals. Don't worry — you won't have to master the flambé or buy a complicated sous-vide contraption. In fact, these three cooking methods are dead-simple shortcuts to a healthy, satisfying meal every time.



steaming

There's no better way to eat lighter and smarter than steam cooking, which uses just water and heat. Using the simplest of physics, water vaporizes into steam that carries heat to your food, cooking it quickly but delicately. Unlike harsher cooking methods like boiling, steaming preserves the nutrients and antioxidants in veggies and meats such as chicken breasts and fish that are prone to drying out. "And steaming doesn't require any cooking fat like oil, so will result in fewer calories per serving," adds Cordon Bleu-certified chef Michelle Dudash.

Nearly any vegetable can be steamed, but so can quicker-cooking meats such as scallops, shrimp, fish fillets and boneless poultry. (Avoid beef, pork and bone-in proteins.) To prevent fish from sticking, line the tray with parchment paper, or place your catch of the day on a layer of sliced citrus or large green leaves like napa cabbage. And use an instant-read food thermometer to determine when meats are ready.

Tools of the Trade

Sure, you can buy a fancy-pants electric product, but a cheaper and equally effective option is an old-school bamboo steamer that you can pick up for about 20 bucks. Use the multilevel tiers to cook multiple parts of a meal simultaneously, thereby streamlining meal prep and cleanup.

Another option is a perforated metal or plastic collapsing steamer, which is placed inside a pan or pot. It stores nicely in a cupboard but is better suited for steaming vegetables than meats.

Full Steam Ahead

To use a bamboo steamer, place meats and hearty vegetables like carrots, which take the longest to cook, on the bottom trays and more tender items such as greens on the top trays. Stack the trays, then place them in a wide skillet filled with at least 1 inch of water. Aromatics such as herbs, garlic or ginger can be placed in the water to add flavor. "You can also steam with broth instead of water for a more flavorful result," Dudash says.

Make sure the sides of the steamer don't touch the edges of the pan to prevent burning, then secure the steamer lid. Bring the water to a boil, then reduce the heat to maintain a strong simmer until your food is cooked through. Keep an eye on the water to ensure it does not boil off, which could ruin your pan.

If using a folding steamer, place it inside a pot so that the base lies about an inch above the simmering water; the goal is to steam — not boil — your veggies. And for an electric steamer, follow the manufacturer's directions.

Get Cracking

Cooked eggs offer a quick hit of muscle-building protein, but boiling them can often result in rubbery whites, chalky yolks and clingy shells. Instead, give the orbs a steam bath: The yolks will remain creamy and sunny, and the shells will slide off effortlessly.

To do: Place a steamer basket or bamboo tray in a pan filled with 1 inch of water. Place the eggs in a single layer, then bring to a boil. Steam 15 minutes, then immediately transfer the eggs to a bowl filled with ice water. Let rest 20 minutes, then enjoy!

LEMONY STEAMED SALMON

MAKES 2 SERVINGS

HANDS-ON TIME:

15 MINUTES

COOK TIME: 10 MINUTES

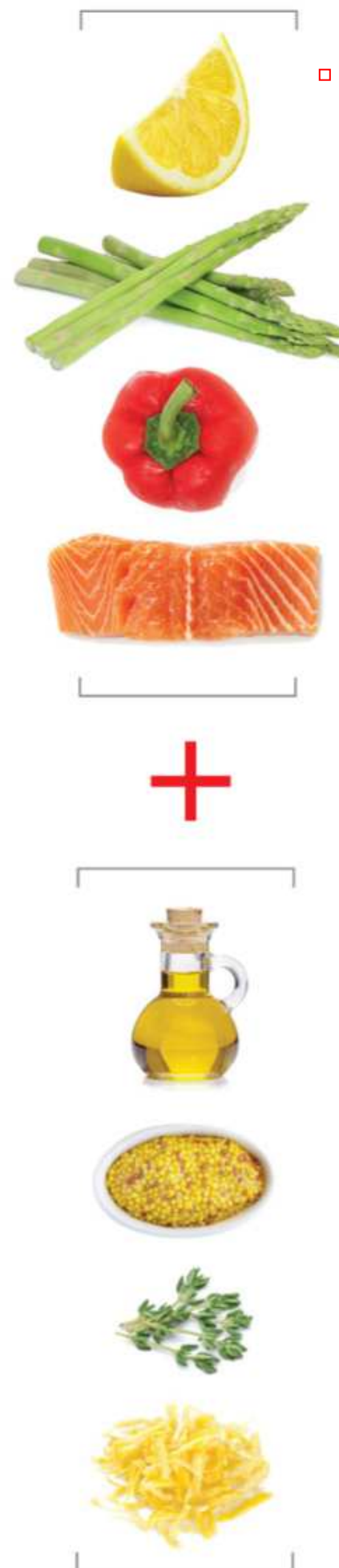
- 1 lemon, thinly sliced
- ½ bunch asparagus, woody ends trimmed
- 1 red bell pepper, thinly sliced
- ¾ lb skinless salmon or rainbow trout fillet
- 1 tbsp olive oil
- 2 tsp grainy Dijon-style mustard
- 2 tsp fresh thyme
- 2 tsp lemon zest
- ¼ tsp salt
- ¼ tsp black pepper

DIRECTIONS

1. Fill a medium-size pot with at least 1 inch of water and place a bamboo steamer tray inside. Line tray with lemon slices and top with asparagus, red peppers and salmon.
2. In a small bowl, whisk together olive oil, mustard, thyme, lemon zest, salt and black pepper. Spread mustard mixture on fish and cover steamer basket with the lid.
3. Bring water to a boil and steam until salmon is just barely cooked through in the center, about 10 minutes.

Nutrition Facts (per

serving): 437 calories, fat 29 g, carbs 6 g, fiber 2 g, sugar 3 g, protein 36 g, sodium 393 mg



broiling

Want to replicate that savory, just-grilled flavor without using a grill? Then crank up that dormant oven broiler and get ready for your aha moment. Broiling is essentially upside-down grilling, in which a blast of intense heat penetrates food from above (rather than below), cooking food quickly — often in 15 minutes or less.

Because broiling is fast and furious, some foods are more cooperative than others. Your best options are thinner cuts of steak, boneless pork chops and poultry, burgers and firm-fleshed fish (salmon, halibut, swordfish). Sturdy vegetables and fruits like peppers, eggplant, zucchini, asparagus, cauliflower, mango, pineapple and citrus halves also can benefit from a blistering trip under the broiler. “Broiling enables you to get a nice, caramelized top without overcooking the inside,” Dudash says. Broiling amplifies the flavor of vegetables and fruits by drawing water away from the surface, promoting flecks of char and caramelizing the natural sugars to heighten sweetness.

Heavy Metal

For broiling, you’ll need tools that can handle the heat. Go with all-metal pans like a cast-iron skillet or a heavy-duty aluminum baking sheet. Place food on a wire rack inside the pan to keep meats, veggies and fruits above their liquids for better broiling.

Up in Smoke

Trim excess fat from meats, clean foods thoroughly and then pat dry with paper towel. Lightly oil them to help transfer heat into the food via conduction, encouraging faster cooking and better browning. And add about a ¼ inch of water to the underlying pan to prevent drippings from drying up and setting off your smoke alarm.

Bring the Heat

For great browning (read: better flavor), broiling should take food to its cooking temperature quickly, not gradually. Put your pan in the oven, then preheat your broiler to its highest temperature for at least 10 minutes. Carefully place your food on the hot pan and cook away! Dudash also recommends setting the oven rack about 6 inches below the broiler element and using high heat for thinner foods like fish fillets and lower heat for thicker items like steak that need to stay under the broiler longer in order to cook through without the outsides burning.

To sidestep uneven cooking, position your food on the pan so everything is evenly placed underneath the heating rods and/or rotate the pan once during cooking to allow foods even exposure to the hottest spots. And since there’s a small window of time between perfectly broiled food and an inedible, ashy dinner, use your oven timer and keep an eagle eye on your meal. For meats, eliminate guesswork and use a digital instant-read thermometer to test for doneness.

BROILING IS THE PERFECT INDOOR SOLUTION TO GREAT GRILLED FLAVOR — WITHOUT FIRING UP THE GRILL.

CHICKEN WITH PINEAPPLE SALSA

MAKES 2 SERVINGS

HANDS-ON TIME: 15 MINUTES

COOK TIME: 15 MINUTES

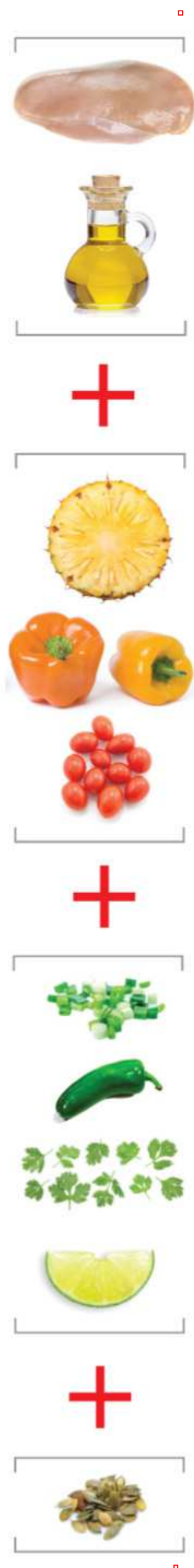
- 2 (6 oz) boneless, skinless chicken breasts**
- 2 tsp canola or grapeseed oil, divided**
- 2 (½-inch thick) pineapple rounds**
- 1 yellow or orange bell pepper, cut into quarters**
- 1 cup cherry tomatoes**
- 1 scallion (green onion), thinly sliced**
- ½ jalapeño pepper, seeded and minced**
- ¼ cup fresh cilantro, chopped**
- juice of ½ lime**
- 2 tbsp unsalted pumpkin seeds**
- salt and pepper, to taste**

DIRECTIONS

- 1.** Place broiler rack 6 inches below the overhead heating element, then preheat oven to broil. Brush chicken with 1 teaspoon oil and season with salt and black pepper. Broil chicken until meat is cooked through and internal temperature reaches 165 F, about 10 minutes. Remove from oven and cover to keep warm.
- 2.** Brush pineapple, peppers and tomatoes with 1 teaspoon oil. Place on a baking sheet and broil until pineapple and peppers are charred in a few spots and tomatoes have shriveled, about 5 minutes.
- 3.** Chop pineapple and bell peppers into small chunks and toss with tomatoes, scallions, jalapeños, cilantro, lime juice and a couple of pinches of salt. Serve chicken topped with salsa and pumpkin seeds.

Nutrition Facts (per serving):

365 calories, fat 13 g, carbs 18 g, fiber 3 g, sugar 8 g, protein 45 g, sodium 409 mg



poaching

It sounds all cheffy, but poaching is really nothing more than gently cooking food in liquid with the sole purpose of keeping things juicy and plump: As they cook, meats release their flavor into the surrounding liquid, then absorb that liquid back inside in an ongoing back-and-forth process. What you lose in browning flavor is made up for in deliciously moist meat. “Another benefit of poaching is that it does not cause the formation of heterocyclic amines (HCAs), which studies show may raise cancer risk,” Dudash says. HCAs can form when meats are cooked in direct contact with high heats, such as with searing or grilling.

And poaching is not just for eggs, you know; meats like poultry, pork tenderloin and skinless fish are great options, as well. You can even poach a whole chicken if you have a large enough pan: A 4-pound, whole chicken takes about 45 minutes to poach, and it can provide you with a week’s worth of meat and plenty of free chicken broth.

Pan Handling

Enameled cast-iron or stainless-steel pots are perfect for poaching. The amount of meat you’re poaching determines how big of a pot is needed to get the job done.

Liquid Assets

Add enough liquid so the meat is submerged by about 1 inch. Your poaching liquid can be as basic as water, or Dudash suggests using broth or white wine for a flavor boost. Other items like beer, cider, coconut milk and tomato sauce also can be added to the pot. Or go one better by including aromatics such as onions, shallots, celery, lemon slices, ginger, spices and herbs for extra punch.

Easy Does It

Bring your liquid to a temperature where it is steaming with just the rare bubble breaking the surface. (Remember: You’re not trying to boil your meat, so try to keep the water temperature at 160 F.) Reduce the heat, partially cover the pan and poach until the meat is cooked through. Chicken breasts take about 15 minutes, whereas a cut of skinless salmon only needs about eight minutes. Skim off any foam that forms during cooking.

Bonus Benefit

When you’re done poaching your meat, drain any solids from the remaining liquid and stash this homemade broth in the fridge or freezer for soups or future poaching sessions.

POACHING IS NOT JUST FOR EGGS — YOU CAN ALSO POACH POULTRY, PORK, FISH AND OTHER MEATS.

CIDER-POACHED PORK WITH APPLE SLAW

MAKES 2 SERVINGS

HANDS-ON TIME: 20 MINUTES

COOK TIME: 15 MINUTES

- ¾ lb pork tenderloin**
- 2 cups hard cider**
- 1 shallot, quartered**
- 2 garlic cloves, smashed**
- 1 tsp salt**
- 1 medium carrot, shredded**
- 1 medium apple, sliced into thin matchsticks**
- ½ cup sauerkraut**
- 1 scallion, sliced**
- 2 tbsp extra-virgin olive oil**
- 1 tbsp cider vinegar**
- 2 tsp grainy Dijon mustard**
- 2 tsp minced ginger**
- ¼ tsp red chili flakes (optional)**
- 2 tbsp chopped walnuts**
- ¼ cup chopped parsley or mint**

DIRECTIONS

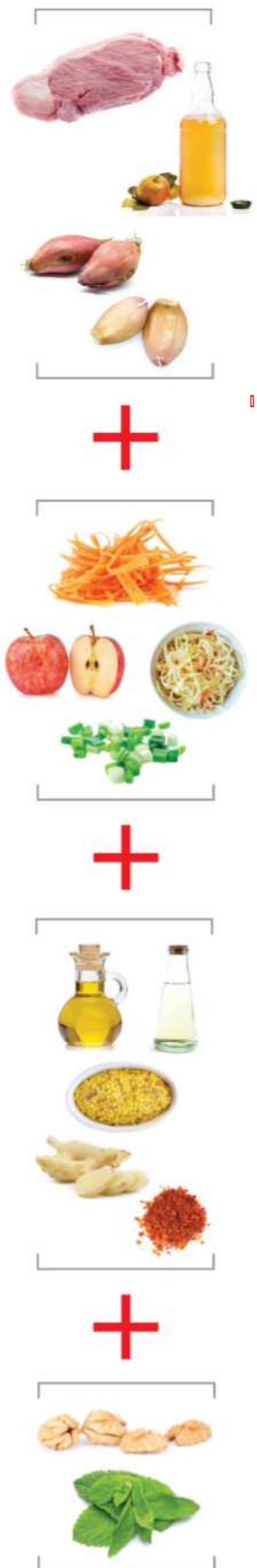
1. Place pork, cider, shallots, garlic and salt in a large pot. Add enough water to completely cover pork with liquid. Bring water to a temperature at which it is steaming with just the rare bubble breaking the surface, about 160 F. Reduce heat, partially cover pan and poach 15 minutes, or until meat is cooked through to a minimum internal temperature of 145 F. Remove pork from pan and, when cool, thinly slice.

2. In a bowl, combine carrots, apples, sauerkraut and scallions. In another small bowl, whisk together oil, vinegar, mustard, ginger, chili flakes (if using) and couple of pinches of salt to make a dressing. Add dressing to slaw and toss to combine.

3. Divide slaw among serving plates and top with pork slices, walnuts and parsley or mint.

Nutrition Facts (per serving):

420 calories, fat 22 g, carbs 19 g, fiber 5 g, sugar 12 g, protein 37 g, sodium 480 mg



CHOOSE YOUR COACH, CHANGE YOUR LIFE

the OXYGEN CHALLENGE 4

New Coaches, New Challenges

Jen Widerstrom

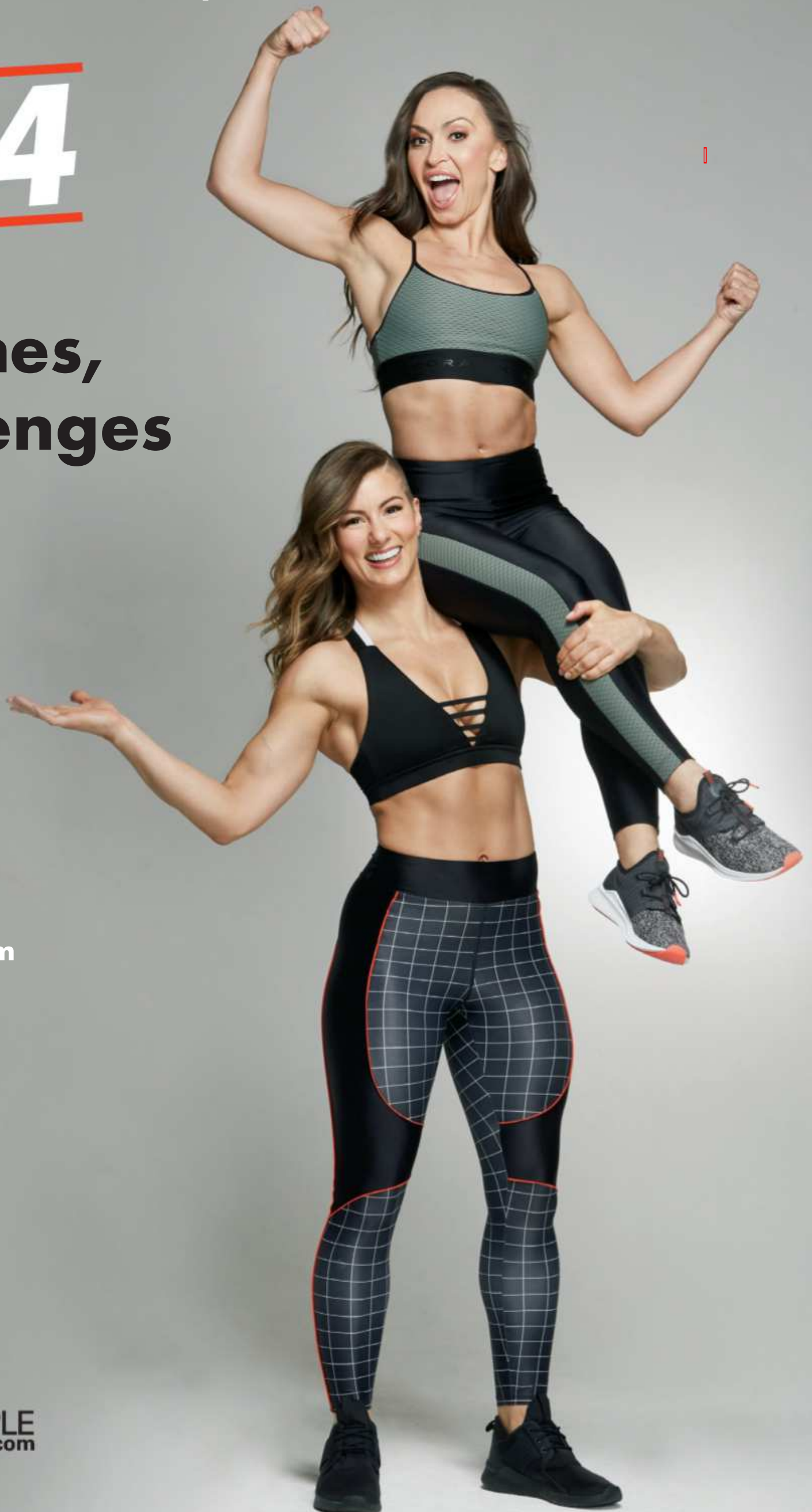
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WORDS OF
WISDOM
FROM THOSE
IN THE
KNOW

exhale

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BE FIT WITH FIDO

Research suggests that people who walk with a dog are more fit than those who walk with other people! Dogs also offer companionship that helps combat depression and promotes a longer life span.

Becoming Mrs. Leesburg

Four-time cancer survivor Libby Westphal shed 68 pounds, stepped onstage and took home the crown.

Libby Westphal had been a size 12 most of her adult life, but in 2007, her weight began to creep upward until she was a “tight” size 14.

“I was fighting my fourth round of ovarian cancer, was serving as the primary caregiver for my dying mother and taking care of my young son,” she says. “Seeing my mother getting weaker and fearing I’d be next was incredibly painful, so I medicated my pain with pizza, ice cream, beer and wine.”

Her mother passed and Westphal’s chemo treatments ended in 2009, but just when she thought the worst was over, she suffered a meniscus tear that required surgery. “By then I was the largest I’d ever been, and I hated the way I looked,” she says. “As I was leaving my surgeon’s office one day, he grabbed my arm and said, ‘You don’t have knee problems, you have a weight problem.’ That’s when I knew something had to change.”

Doctor’s Orders

At the beginning of 2010, Westphal finally made the commitment: She began by walking on the

treadmill for 60 minutes every day and lost 30 pounds in three months.

She then joined a gym, hired a trainer and read fitness magazines like *Oxygen* for inspiration. “*Oxygen* has been my partner and a key part of my fitness toolkit during this journey,” she says, naming her very own America’s Fittest Couple Challenge 3 coach Hannah Eden as a badass who always motivates her to push harder.

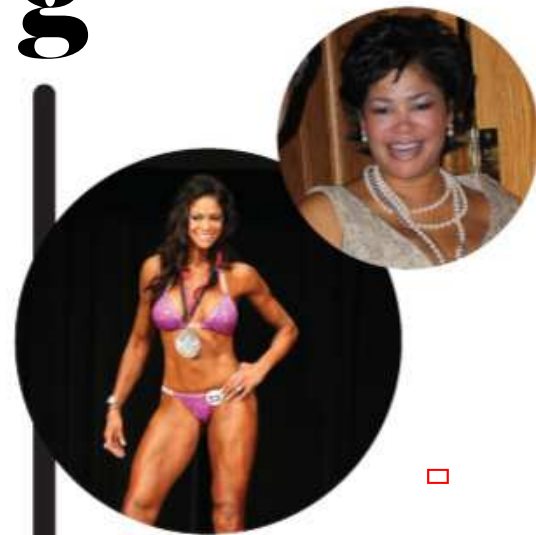
The more Westphal exercised, the more she wanted to fuel her body properly. She settled on a Paleo-inspired plan that removed processed foods and refined sugar, and to avoid feelings of deprivation, she limited alcohol to the weekends and allowed for occasional cheats.

Ball Gowns and Bikini Crowns

It took 18 months to facilitate Westphal’s body transformation, and along the way, she set and achieved several goals, such as being able to bench-press 100 pounds and running four half marathons. Then she challenged herself by entering the NPC East Coast Classic and took sixth in the 35 and over bikini division. She competed in six more shows after that, most recently taking first in her division in May 2018.

Then Westphal’s journey took an unexpected twist when she visited a friend who was competing in a pageant for the Mrs. DC America title. Westphal posted pics of herself in a formal gown on social media and everyone mistakenly thought she was competing in the pageant, as well. “At the time, I thought it was laughable, since I’m a bikini competitor that my husband refers to as ‘Brutus,’” she says, laughing. “But then I thought, *Why not? I can do whatever I set my mind to.*” So she entered a pageant and took home the title of Mrs. Leesburg. At age 50, she is now hoping to win the Mrs. Virginia title in March 2019.

“I still have good days and bad days,” she says. “But I have learned that consistency and working toward goals have been the two factors that have gotten me into the best shape of my life.”



Before and after photos of Libby

stats

Libby Westphal/
Leesburg, Virginia

age: 50

height: 5’11”

old weight: 204 lb

current weight: 145 lb
(136 onstage)

occupation: NASM-
certified personal
trainer and gym owner

Libby Likes ...

► **Back day:** My favorite move is TRX rows performed with my elbows out.

► **Mixing up cardio:** I switch it up between rowing, the VersaClimber, the Jacobs Ladder, the treadmill and Peloton rides four times per week.

► **Pizza and hamburgers:** I eat these things in moderation, but I don’t call them cheats so there is no stigma attached.

► **Pushing herself:** Don’t just show up, really show up. When you’re uncomfortable, you experience growth.



How Krebs broke her cycle

After years of using food to cope with depression, Rachel Krebs reclaimed her health.



drastic change if she wanted to be the woman, mother and wife she wanted to be.

Go Big or Go Home

Krebs began by giving her diet a complete overhaul, eliminating processed foods and alcohol and tracking her macros. “When I felt like I was missing out on the ‘fun’ foods, I really focused on my goals to stay on track,” she says. “I reminded myself that if I wanted to be an athlete, I had to train and eat like one, and I had to respect my body enough to fuel it properly.”

Slowly, she began to rely on exercise rather than food to handle her stress. She also set a lofty goal: “I committed to doing a bikini competition and posted it on Facebook so I couldn’t back out,” she says.

Once in competition mode, Krebs traded cardio for weight training and started using supersets to burn maximum calories. To her surprise, she fell in love with weights and seeing how strong her body could become. Almost 18 months after the birth of her second child, Krebs had lost a

total of 95 pounds and was onstage in her first figure competition. She took eighth place that day and has plans to do several more shows in the future.

No Longer a Statistic

Today, Krebs maintains her healthy lifestyle and lifts five days a week, doing upper body twice a week and lower body three times a week. Her favorite exercises are banded Romanian deadlifts and Arnold shoulder presses. “Now I lift heavier weight and recover faster than I did as a high-school athlete,” Krebs says.

Her family has also been extremely supportive throughout her journey and even had some victories of their own: Her husband lost a couple of pants sizes, her mom joined a gym and her dad meets up with Krebs to train regularly. Her kids even opted to trade their traditional Christmas dinner of turkey and stuffing for salmon and broccoli.

“I used to start sweating just trying to get ready in the morning,” says Krebs in retrospect. “Now I can keep up with my kids, go for a bike ride or hike and just have fun.”

stats

Rachel Krebs/
Bellingham, Washington
age: 32
height: 5'6"
old weight: 229 lb
current weight: 140 lb
occupation: Health and fitness coach

Words of Wisdom

► **Set small goals.** Focus losing weight in 5- to 10-pound increments. Once you get into a new weight bracket, rework your goals.

► **Seek support.** Find one or two people who really support you and will cheer you on and encourage you when you hit setbacks.

► **Keep it simple.** Focus on eating whole foods more so than recipes you use.

► **Look in the mirror.** Don’t compare yourself to others — compare yourself to the person you were yesterday.



Before and after photos of Rachel

Though she had been an active, athletic young woman growing up, a back injury sidelined Rachel Krebs from the sports she loved, and she subsequently put on a few pounds.

“That weight gain coupled with my depression made me think I could no longer be athletic, nor did I have the drive or motivation to try,” she says.

Krebs took medication to help with her depression, but when she had to go off it when she got pregnant, eating became her new drug. “Without a healthy way of coping, I turned to food,” she says. “Then my husband lost his job and we struggled financially, which led to problems in our marriage and eventually bankruptcy. Dealing with this stress and depression led back to food, which made me gain more weight, which just made me more depressed. It was a vicious cycle.”

One night, Krebs was on the internet seeking motivation and came across a quote from Socrates: “It is a shame for a woman to grow old without ever seeing the strength and beauty of which her body is capable.” Krebs realized she needed to make a

Meet 5
women
who've
got the fit
factor.

Future of fitness

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Casey Snider

Eagle, Idaho

Stats: 34 • 125 lb • 5'4"

Gig: Business owner and
licensed pilot

▶ **Late to the Game:** Belying her impressive competitive resume — two overall wins and five class victories over 11 bikini competitions thus far — Casey Snider wasn't very athletic growing up and actually didn't discover the gym until her last year of college. "I did a semester of workout classes and ended up wishing I'd pursued a degree in health instead of communications and psychology," she admits.

▶ **Fly-Girl:** Snider owns a fertilizing company, and she earned her pilots license so she could fly around the country and check in with her customers. All that travel means she has to stay diligent with her diet. "At home, I typically grill every day, or if I'm cooking, I have chicken or shrimp and a veggie or two," she says. "I also love to find poke places when I don't feel like cooking."

▶ **Motivational Routine:** On the way to the gym, Snider listens to music "on full blast" or to Lori Harder's podcast to get motivated. "Positive self-talk is key," Snider says. "I always say little mantras before going into the gym like, Today is going to be an amazing workout or You are going to use your strong legs to do the heaviest squat you've ever done." Snider lifts six days a week, augmenting her routine with Cyclebar, hot yoga classes, hiking and walking her dog. "I relax in nature and de-stress in the gym," she says.

▶ **The Road to Recovery:** As a young woman, Chantel Gogowich battled an eating disorder so severe that at one point, she was hospitalized. At 25, she decided to try working out to assist with her recovery, but getting started was a challenge. "I was so nervous that I'd sit there in the parking lot, too scared to go in," she says. "When I did make it inside, I'd just ride the stationary bike or sit in the steam room."

▶ **From Torn ACL to Serious Athlete:** It took two serious injuries (an ACL tear and a meniscus tear) to change her trajectory, and Gogowich decided to hire a trainer. "I was strengthening my body and growing my self-esteem," she says, and soon she fell in love with lifting. Confidence blooming, she decided to try competition and ran a number of half marathons and competed in bikini competitions, earning her pro card in 2017.

▶ **Split Time:** "Because of my career in real estate, my workout times depend on my schedule," she explains. "I prefer training at the gym, but I'm always open to trying new things such as the Lagree [Fitness] Method, boxing, barre or even CrossFit."



Chantel Gogowich

Calgary, Alberta, Canada

Stats: 32 • 140 lb • 5'9"

Gig: Real estate



Giselle Bell

Denver

Stats: 36 • 122 lb • 5'4

Gig: Technical recruiter

► **From Nerd to Knockout:** “Growing up, I was a nerdy girl, not a ton of self-confidence, not athletic at all,” Giselle Bell admits. Then she discovered weight training and CrossFit seven years ago and banished her bashful nature. At the prompting of her friends, she did a bikini contest in April 2017. “Despite deciding last minute and having a short prep time, I placed fifth,” she says. She followed that up with a first-place finish in the NPC Rocky Mountain Championships masters division, where she also placed second overall in the open class.

► **A Little Bit of Everything:** Bell’s training program is jam-packed with a variety of styles. She’ll include four days of weightlifting, two days of metabolic conditioning and high-intensity interval training, and some steady-state cardio sprinkled throughout the week. “If I’m in fat-burning mode, I’ll add in some short sprints after lifting,” she says. “I also like to do power or hot yoga.” Her current goals include earning her IFBB pro card, getting her personal training certification and writing a book.

► **Fit Rx:** Diagnosed with depression in 2013, Bell credits fitness in part with her ongoing recovery. “I really had to conquer my mind before I could conquer my body,” she says. “It doesn’t mean I’ve magically gotten rid of my depression, but I just keep fighting through it and pushing myself to do things that make me happy.”

► **Comeback Queen:** Some people have successfully returned to fitness competition after a long hiatus — but Amanda Chapdelaine has done it twice. She entered her first show at age 27 and competed three more times before taking a decade off to start a family. At 37, she was ready to try again, and she took the overall at the 2010 Sandra Wickham Fall Classic. After another seven-year break, she placed first and second in two competitions with the Natural Physique & Athletics Association and earned a pro card.

► **Morning Mom:** “Fear of failure and lack of confidence are my biggest obstacles when getting ready for my shows,” admits the busy mother of two. Consistency in diet helped keep her steady, as well as a regular four-days-per-week workout routine. “Morning is the best time for me,” Chapdelaine says. “It gets me motivated for the day and blows out my mental cobwebs.”

► **Squirreling Away:** To keep her diet on track, Chapdelaine borrows a tactic from wildlife. “I prep food twice a week, and I have it stored everywhere — I’m like a squirrel,” she says with a laugh. “And I always have a protein shake within reach in case of emergency.”

► **Sage Advice:** To anyone starting out, Chapdelaine offers some simple instructions: “Never compare yourself to other people. Their journey is totally different from yours. Always make training about you and reaching your own goals.”



Amanda Chapdelaine

Campbell River, British Columbia, Canada

Stats: 46 • 125 lb • 5'4"

Gig: Business owner



Jennifer Wobst

Airdrie, Alberta, Canada

Stats: 35 • 127 lb • 5'6"

Gig: Contract analyst

► **Devastating Diagnosis:** Ten years ago, Jennifer Wobst was diagnosed with diabetes. After three years of daily insulin injections, she finally got an insulin pump. “I was finally able to keep my sugars in control, and I knew that I wasn’t going to let the disease control me,” she says. “I was going to control the disease and live a full, happy life.”

► **Battle After Baby:** After giving birth to her first son in 2013, Wobst found herself face to face with postpartum depression. “I couldn’t eat, I couldn’t sleep, I wanted nothing to do with my brand-new baby,” she says. “Thankfully, I had an amazingly supportive family who made me go to my doctor.” In addition to treatment with antidepressants, Wobst had another weapon in her corner: fitness. “When I worked out, I felt like me,” she says. “I could just put my headphones on and not think about diabetes, not think about ‘life’ for an hour.”

► **Goal Girl:** In the last several years, Wobst has accomplished a host of things, including running a half marathon, becoming a certified group fitness instructor and competing in fitness shows. She follows a three-days-on/one-day-off training split and does cardio six times weekly. “Taking an hour out of my day to get my fitness in makes me a better worker, a more patient parent and a better spouse,” she adds.

A stand-up gal

Pro athlete Candice Appleby knows what “sup” when it comes to water sports.

growing up in San Clemente, California, Candice Appleby spent her weekends riding the waves and became captain of her high-school surf team. She moved to Hawaii for college and began winning surfing competitions all over the world. By all accounts, she was well on her way to a career in surfing — until she discovered stand-up paddleboarding (SUP).

Appleby taught herself the sport by watching others and was soon competing against men in SUP racing and surfing — and winning. “My goal growing up was to be a professional surfer, but then stand-up paddling came along,” Appleby says. “Now I get to compete as a professional athlete in a sport that is not subjective and can surf for the pure joy of it without worrying about my next heat or getting scored.”

Paddle Pro

Appleby currently competes on the Association of Paddlesurf Professionals (APP) world tour. “This is my 11th year competing in stand-up paddle racing and my 12th year in stand-up paddle surfing,” she says.

Each APP event consists of a distance race of 10K or so and a sprint race with multiple heats and a high degree of technical difficulty. “I will also be competing in the ISA World Championship in China representing the USA,” she says. “This is our Olympic-style competition where a select few athletes are chosen to represent their country in SUP. In the past, I have taken home three gold medals for Team USA in racing and am excited to represent the USA this year in SUP surfing for the first time.”

By Land and By Sea

To stay on point for competition, Appleby has a pretty packed training schedule with workouts both on land and water. “I like to mix things up as a way to keep things fun and to trick my body into getting stronger and faster,” she says.

A training week for Appleby includes four to six paddle workouts of 60 to 90 minutes in duration, including paddle-specific drills and interval training. She also runs 5 to 7 miles two to three times per week and swims twice a week at various distance intervals.

To build strength and maintain mobility, Appleby works twice a week with her trainer. “I don’t typically lift heavy, but if I do, it’s low reps,” she says. “I do a lot of bodyweight exercises to maintain mobility and believe that recovery is 50 percent of training, so I take a day off once a week.” Appleby also dedicates plenty of time to stretching, mobility work and foam rolling to ensure she avoids injury, and she swears by recovery baths with Epsom salts and essential oils such as eucalyptus and lavender.

When not competing, Appleby coaches adults at Performance Paddling, a business she founded with fellow racer Anthony Vela. She also uses her elite status as a way to inspire others. “I use my platform to help others by bringing compassion, encouragement and healing to the marginalized,” she says. “By sharing my story of overcoming childhood sexual abuse, bullying, domestic violence and depression, my goal is to give hope to others who have also struggled and share with them the power of God’s love and healing grace.”



Candice's
favorite
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supplements



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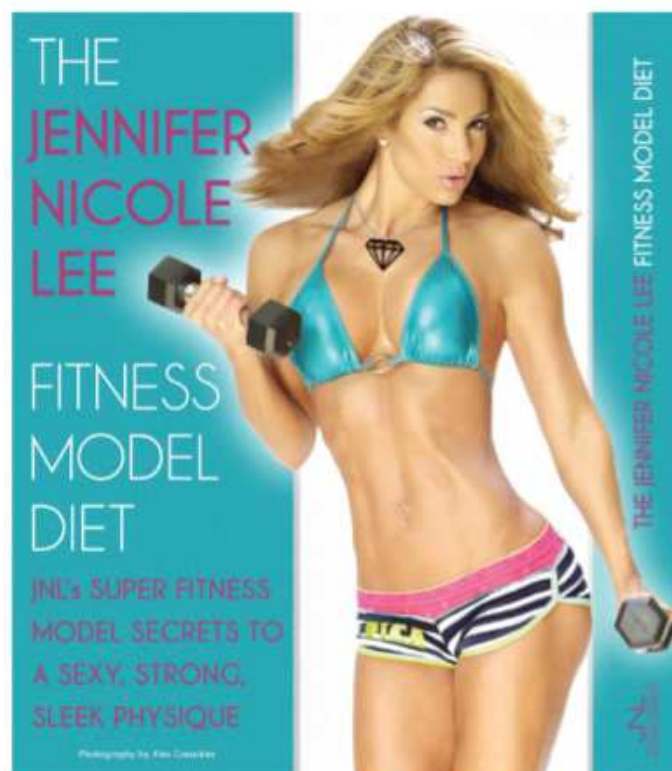


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product talk



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The girl behind the cover

Fitness icon Jennifer Nicole Lee has graced the cover of 92 magazines — but life wasn't always so glamorous.



Jennifer Nicole Lee's parents were living the dream, immigrating to the U.S. and giving birth to their daughter — a first-generation American citizen. But this dream also meant working multiple jobs just to make ends meet and living below the poverty line, relying on food stamps to eat. These constant economic struggles drove Lee to become independent, strong and self-sufficient at a very young age, but by adulthood, those difficulties began to manifest themselves physically. Lee suffered depression, chronic fatigue, anxiety, stress and poor self-esteem. She developed an emotional eating pattern that led to years of yo-yo dieting and dramatic weight swings.

Strong Is the New Skinny

But life went on and Lee fell in love, got married and had two sons. However, she still felt empty and lost inside.

"I felt like I had no focus or purpose," she says. "But then I picked up fitness magazines like *Oxygen* and noticed the women featured weren't skinny. They were strong and looked like superheroes."

Inspired, Lee began working out five to six times per week, transforming all the negative areas of her life into positive ones. Her tenacity and hard work paid off, and she eventually became Ms. Bikini America and landed on the cover of *Oxygen*, among dozens of other magazines. Now she credits the struggles of her past for instilling in her an indomitable work ethic, gratitude and resilience.

"From these hardships came many solid building blocks of success,"

says the Miami-based 43-year-old, who serves as a transformational coach and specialist in sports nutrition. "I'm grateful for my struggles, as they made me stronger today, and now I'm a better coach and trainer, helping countless women worldwide to attain their dreams. Fitness truly was the missing piece of my puzzle that fixed everything."

Finding the Strength

Today, Lee trains for energy, immunity and metabolic health rather than to be a certain size or weight. Her workouts are ultra-efficient and effective and include a solid warm-up, six interval circuits and a cool-down. She blends cardio and weights into each session to ensure optimal fat burning and muscle building, plus a 15-minute bonus round of abs to wrap things up.

Lee also teaches online most days of the week. "I actually train right alongside my online clients as I am instructing them," she says of her live-streaming workouts. "I call myself a 'fitness artist' and see my clients as masterpieces in motion."

And because true fitness encompasses mind, body and spirit, Lee is also passionate about wellness, nutrition, goal setting and personal development. She hosts webinars on nutrition, skin care, anti-aging and time management, and she even offers makeup tutorials.

The Bright Side

When it comes to fueling her body, Lee believes that food has a certain vibration that you absorb, and therefore maintains a vegan lifestyle. "I eat as clean and as green as possible," she says. "I have endless energy because my food is fueled by sunshine, nature and love."

Overall, Lee remains in a constant state of gratitude, using the power within herself to achieve her litany of successes, including writing 15 books and launching a fitness clothing line.

"I'm a die-hard optimist who always sees the positive side of life," Lee says. "This mindset has created many miracles and breakthroughs for me. Life is a gift, and we must celebrate each and every moment. With this mindset, I am happy all the time."

THINGS I'VE LEARNED ALONG THE WAY

- ▶ Train and eat like you love yourself. It is not a punishment; it's self-respect.
- ▶ Preparation is imperative to losing weight, keeping it off and living a healthy lifestyle. Knowing your downfalls, avoiding bad situations and organizing your life translates to long-term weight loss and fitness success.
- ▶ Eat and train to gain energy, stamina and endurance, not to lose pounds. That mindset shift helped me lose 80 pounds and keep it off for the past 16 years.
- ▶ I believe that the more I sweat during a workout, the more I detox and cleanse my body, and the lighter and more energetic I feel afterward. I always make sure I pass the "sweat test" during my workouts.
- ▶ You can't "microwave" success! Your results won't happen overnight, so fall in love with the process.

By Adam Gonzalez

boost ▶ SUPPLEMENTS

Lyte up your gains

Supplementing with electrolytes optimizes hydration, which in turn amps performance and accelerates recovery.

One of the biggest myths about hydration is that water alone will do the trick. But truth is, you also need other compounds known as electrolytes to regulate your fluid balance, improve recovery and build muscle. Ingesting these electrolytes before, during and after exercise ensures optimal health and longevity.

Here's what you need to know about these crucial elements.

THE BODY ELECTRIC

Your body needs plenty of water every day for survival, and while you can survive for quite some time without food, you can die of dehydration in only a few days. Water plays hundreds of crucial roles in your body, including optimizing blood flow, maximizing energy, boosting brain function, regulating digestion, and removing toxins and other cellular wastes.

Daily water recommendations vary, but typically experts advise consuming eight to 10 (8-ounce) glasses of water every day, regardless of activity level, or 1 ounce of water for every pound of bodyweight. Those who train with intensity need even more water because they lose a considerable amount through sweat. But water isn't the only thing you lose — you also lose compounds such as sodium, potassium and magnesium, which are collectively known as electrolytes.

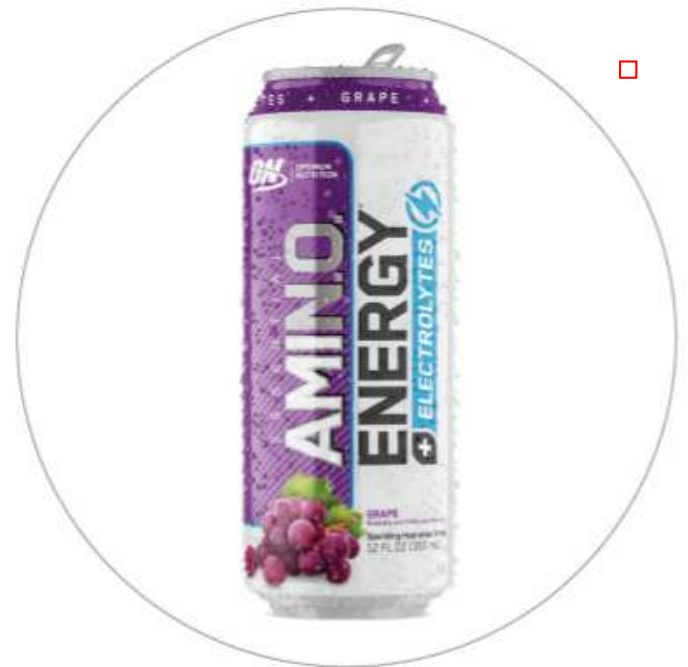
These electrically charged compounds collectively help regulate the fluid balance in your cells, promoting energy production, metabolic activity and day-to-day cellular operations. Elements such as sodium and potassium trigger muscle contractions and regulate your heartbeat, magnesium helps produce energy and promote recovery, and calcium supports bone health and helps facilitate muscle contractions. Depletion of electrolytes can cause fatigue, irregular/fast heartbeat, nausea, diarrhea, vomiting and — in extreme conditions — seizures.

THE HYDRATION EQUATION

Rehydration after exercise is, of course, imperative. However, there is such a thing as drinking too much water. Overconsumption of water can cause hyponatremia (aka water intoxication), a condition in which your electrolytes and other blood compounds are excessively diluted, creating an imbalance in cellular fluids and causing your cells to swell, including those in your brain. If you've just worked out, chances are you've sweat out a good percentage of your electrolytes, so consuming only water without replacing those lost electrolytes in an attempt to rehydrate puts you at risk for this potentially fatal condition.

So absolutely — rehydrate postworkout with plenty of water, but add in some electrolytes before, during and/or after exercise to maximize your training results, promote recovery and ensure optimal health. Your body — and cells — will thank you.

HYDRATION IS ABOUT MUCH MORE THAN JUST WATER — IT'S ALSO ABOUT ESSENTIAL ELECTROLYTES.



GET YOUR ESSENTIAL ELECTROLYTES

Essential AmiN.O. Energy + Electrolytes from Optimum Nutrition is a new sparkling hydration drink designed to support energy and focus while boosting performance and endurance. It is crafted with a combination of several important electrolytes, including 440 milligrams of sodium chloride, magnesium oxide and potassium chloride. Each serving also delivers 5 grams of amino acids, including glutamine, arginine, branched-chain amino acids and beta-alanine (as CarnoSyn), as well as 100 milligrams of caffeine.

It's available in multiple flavors, including tangerine wave, pineapple twist and watermelon splash. For best results, mix each two-scoop serving with 10 to 12 ounces of water.



Take that chance.

“You have exactly one life in which to do everything you’ll ever do. Act accordingly.” — COLIN WRIGHT

~~NAUGHTY~~ / NICE

This season, celebrate the Holidays with more of what you love and less of what you don't. With less sugar, fewer sulfites and no flavor additives, our clean tasting wines top the "nice" list. As a result of our proprietary extended fermentation, our wines are rich in flavor and have the alcohol content you'd expect from a fine wine.

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- ↓ Less than 3.9g of carbohydrates
- ✓ Gluten Free and Vegan Friendly
- ✓ 13.4-13.9% alcohol

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